

Clinical Director Report- September 2011

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Children's Training Hours Series: A joint effort between LifeWays and the Children's Improving Practices Leadership Team (IPLT). It is the 3rd Monday of each month from 11:00 AM to 1:00 PM in a LifeWays Meeting Room, feel free to bring your lunch to the session. The purpose is to provide LifeWays Provider Network staff the opportunity to fulfill the 24 hour children's hours training requirement FREE OF CHARGE.

Below are the upcoming topics:

September 19th: Center for Autism in Grand Rapids
Presenter: Director, Steve Aurand Director of the Center for Autism- Hope Network
11 AM to 1:00 PM in the Birch Room

He will be discussing the variety of services and supports the Center has to offer to individuals with Autism. This presentation aims to help clinicians who work with Autistic consumers know what is out there for services, eligibility requirements and how to make a referral.

If you would like more information or would like to present a topic, contact Julie Willett at 789-1224.

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CAFAS Training: The next CAFAS training will be on December 7, 2011 from 9:00 am to 5:00 pm AND December 8, 2011 from 9:00 am to 2:00 pm. Both days will be in the Birch Room. Participants need to attend both days. CEUs for Social Workers will be awarded. There will be 30 available slots.

** Please indicate if Booster Training or Initial Training. There is a \$20 cost for the book if signing up for Booster training**- the Booster cost went up because the cost of the books went up.

Register by contacting Customer Services at 780-3332.

Note: CAFAS Trainings are offered in April, August and December so plan according relative to your staff's expiration date. CAFAS Reliable Rater Certificates expire every 2 years.

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PECFAS Training: The PECFAS training will be on October 3rd from 9:00 am to 5:00 pm AND October 4th from 9:00 am to 2:00 pm. Both days will be in the Pine Room. Participants need to attend both days. CEUs for Social Workers will be awarded. There will be 30 available slots.

This is for staff members who are assessing and treating children between the ages of 4 and 6. Once your staff are trained, it is expected that they will use the PECFAS software.

Register by contacting Customer Services at 780-3332.

Note: The next PECFAS training will be November 29, 2011 from 9:00 am to 5:00 pm AND November 30, 2011 from 9:00 am to 1:00 pm in the Pine Room. PECFAS Reliable Rater Certificates expire every 2 years. PECFAS will be offered in March, July, and November

Motivational Interviewing - Basic: October 6, 2011 from 8:30 am to 5:00 pm in the Pine Room. This is for individuals that have not had MI training in the past. Or, individuals that had MI training more than 1 year ago and need a booster. There are 50 slots available. Mark Lewis will be the trainer. Register by contacting Customer Services at 780-3332. Social Worker CEUs and MCBAP Substance Use Hours will be available.

Next training will be in April 2012

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Motivational Interviewing- Application: October 7, 2011 from 8:30 am to 5:00 pm in the Pine Room. Individuals MUST have attended the MI Basic Training or had MI training within the past 1 years. There are 50 slots available. Mark Lewis will be the trainer. Social Worker CEUs and MCBAP Substance Use Hours will be available

Next training will be in April 2012

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Case Management Core Elements: October 10, 2011 from 8:30 am to 5:00 pm AND October 11, 2011 from 8:30 am to 5:00 pm in the Birch Room. This is for individuals who need their annual core elements of case management training requirement. There are 30 slots available. Mark Lewis will be the trainer. Register by contacting Customer Services at 780-3332.

Next training will be in April 2012

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Stage Wise Interventions- Basic: October 12, 2011 from 8:30 am to 5:00 pm in the Pine Room. This is for individuals that have not had Stage Wise training in the past. Or, individuals that had Stage Wise training more than 1 year ago and need a booster. There are 50 slots available. Mark Lewis will be the trainer. Register by contacting Customer Services at 780-3332. Social Worker CEUs and MCBAP Substance Use Hours will be available.

Next training will be in April 2012

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Stage Wise Interventions- Application: October 13, 2011 from 8:30 am to 5:00 pm in the Pine Room. Individuals MUST have attended the Stage Wise Basic Training or had Stage Wise training within the past 1 year. There are 50 slots available. Mark Lewis will be the trainer. Register by contacting Customer Services at 780-3332. Social Worker CEUS and MCBAP Substance Use Hours will be available.

Next training will be in April 2012.

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Recovery Oriented, Strength Based Treatment Planning and Interventions: October 24, 2011 from 8:30 am to 5:00 pm in the Pine Room. There are 50 slots available. Mark Lewis will be the trainer. Register by contacting Customer Services at 780-3332. Social Worker CEUs and MCBAP Substance Use Hours will be available.

**Next Training will be in April 2012 **

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Consultation Time with Mark Lewis: In the month of November, the following dates and times are available: November 4, 2011 from 8:30 am to 12:00 pm; November 4, 2011 from 1:00 pm to 4:30 pm; and November 10, 2011 from 9:00 am to 2:00 pm.

Email Merre Ashley if you would like one of these dates and times. Her email is merre.ashley@lifewayscmh.org

GOING FORWARD: LifeWays will be purchasing 1 week per month of Mark Lewis' time. During this week, he will spend a half day with an agency providing consultation assistance on difficult cases, working with supervisors to develop their expertise in MI/SW interventions, etc. The goal is to develop a high level of competency and confidence in the Provider Network's use of Motivational Interviewing/Motivation Enhancing Skills. A skill set that will be extremely important as we move forward together to implement Health Care Reform. The December dates and times will be announced at the October Provider meeting.

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One Integrated Recovery Strength Based Treatment Plan : This is the goal/expectation of DCH, CMS, and Health Care Reform. This is also LifeWays goal. We have been working on getting to this goal through the time that LifeWays Staff have been spending with Mark Lewis working on this, the implementation of LEO (LifeWays EMR), and Mark Lewis' training and consultation time with the Providers and their staff. Beginning November 1, 2011. This is going to be the expectation. The Primary Provider- Therapist, Case Manager, or Doctor- is considered the Primary Provider and he/she will be responsible for the development, implementation, monitoring and entering the authorizations for 1 integrated recovery strength based treatment plan.

On Wednesday, October 19, 2011, LifeWays staff as well as Mark Lewis, will be walking **Primary Provider Administrators/Supervisors** through the process and answering questions. The corresponding forms will also be available and explained. This training is for the following Providers: Recovery Technology, Segue, Highfields, Integro, CSI, Hope, and Outcomes. There will be 10 slots at each of the Block of Times. **9:00 am to 12:00 pm Or 1:00 pm to 4:00 pm.** The training will be in the LifeWays Conference Room, so please come through the front door.

Please contact Customer Services at 780-3332 to sign up.

On Monday, November 7, 2011 in the Birch Room and Tuesday, November 8, 2011 in the Oak Room, LifeWays staff as well as Mark Lewis, will be walking **Ancillary Provider Administrators/Supervisors** through the process and answering questions. The corresponding forms will also be available and explained. There will be 10 slots at each of the Block of Times. **9:00 am to 12:00 pm Or 1:00 pm to 4:00 pm** on each day.

Please contact Customer Services at 780-3332 to sign up.

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TTI is available in the LifeWays building **every Wednesday from 11am until 3pm in the Hope Network Meeting Room.** They are available to all network providers and consumers who may have a question, need to drop off an application or for any other TTI related issues.

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Case Rates: We have finalized the Home Based Case Rate and are meeting with the Home Based Providers. We are internally still working on the Case Management/Support Coordination Case Rate. The goal is that the case rates will begin on January 1, 2012 – the new contract year.

Partial Hospitalization Program

Intro: Best Kept Secret in Jackson. Raise community awareness.

What Partial Program is:

- Intensive Therapeutic Program
 - Serving clients with mood disorders – depression, anxiety, bipolar, adjustment disorders
 - Mon – Fri, 9:00 – 3:30, 5 groups per day including group therapy, art therapy, psych. education, discharge planning/relapse prevention. 5 groups per day x 5 group sessions= 25 sessions in 1 week.
 - Utilizes a team approach
 - Psychiatrists – medication management, therapy
 - RN – medication education and monitoring, medical needs, education of illness
 - All Master level therapists, including Social Workers and Art Therapist – group therapy, family/support session, educational groups
 - Dietician – nutritional group, Chaplin – spirituality group

Intensity of programming

Can be more aggressive with med. management as clients are monitored daily

Multiple groups for education of understanding illness, learning and practicing coping skills, communication skills, relaxation skills, etc.

Clients go home in the evenings and weekend to put new skills into practice and bring results back to the group to build on.

Can address multiple stressors and issues.

Clients learn about community services and how to build support in the program and to transfer this to finding support in the community.

Emphasis on Relapse Prevention – safety plans, crisis resources, warning signs, etc.

Group setting (milieu therapy)

Promotes wellness – environment of hope with clients seeing peers who have made progress, feeling of not being alone, or the only one with illness/going through a hard time.

Intensive therapy group work more tolerable - with support from group members going through things together and building trust.

Group members encouraging and holding each other accountable.

The Partial Program works intensively with clients to stabilize and improve symptoms of illness, increase functioning levels, increase coping skills so clients can address current stressors and get back to their higher functioning level.

Intensive past issues are identified and addressed in order to gain understanding of how the past impacts the present, and how to use this information to increase current coping and prepare patients for outpatient therapeutic work. Distress tolerance is the focus.

Who to refer:

Illness, Increase in symptoms, Not functioning:

- Clients with mood disorders with severe symptoms impacting or disrupting their functioning level. Generally these clients function at work and home, but presently are having difficulty going to work, leaving home, going in public or participating in daily life activities. They often endorse hopelessness, poor sleep, poor concentration, irritability, racing thoughts, mood swings...

May need more support for safety:

- May be struggling with passive or active thoughts of harming self or others but can verbally contract for safety.

Multiple stressors:

- Relationship issues, financial stress, lost job, grief and loss, narrow support base and minimal support.
- Clients in outpatient therapy who are decompensating, or so overwhelmed with multiple stressors and symptoms they are not able to make progress.

Past issues:

- Abuse, trauma, etc. interfering with daily functioning. Previously, clients may have been able to cope but current stressors are inhibiting their effectiveness of coping.

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Any and/or all of the above.

PARTIAL HOSPITALIZATION STAFF MEMBERS

Glen L. Hiatt, LMSW, has a Master of Social Work Clinical and Macro License from the State of Michigan. He has his Masters of Social Work degree and Bachelor Degree in Elementary and Special Education for Emotionally Impaired from Michigan State University. Glen has over 27 years of clinical experience. He worked at Chelsea Hospital as a psychotherapist in mental health and substance abuse and for the University of Michigan, Department of Psychiatry treating mental disorders and substance abuse with a focus on dual diagnosis. Glen has also worked with the Family Court System as a Certified Arbitrator and Family Court Counselor, and with inner city children transitioning into early elementary school. Glen has taught at the Jackson Correctional Facility and Jackson Community College.

Pamela Key, RNC, is licensed as a Registered Nurse in the State of Michigan. She is certified in psychiatric nursing through the American Nursing Credentialing Center and has a Bachelor of Arts in Biology from Spring Arbor College. Pam has over 24 years of experience practicing in the field of Mental Health in inpatient acute care, partial hospitalization and home health care settings.

Erin Nicol, MA, ATR, Registered Art Therapist, received her Masters of Art in Expressive Therapy with a special emphasis in Medical and Grief counseling from the University of Louisville. She is registered through the American Art Therapy Association and has practiced in the Mental Health field for over 20 years.

Patricia Orme, MA, BSW received her Masters of Art degree in Counseling and Psychological Services at St. Mary's Graduate Center in Minneapolis. She is licensed as a LBSW in the State of Michigan. Pat has over 30 years of experience in Mental Health and Substance Abuse settings. Pat is the manager of the Partial Hospitalization Program.

Betsy Vickers, LMSW, is a Licensed Social Worker in the State of Michigan. Her Bachelor degree in Social Work is from Siena Heights University and her Masters degree in Social Work is from the University of Michigan. She has over 10 years of experience in various Mental Health and Substance Abuse settings and with Dialectic Behavioral Therapy (DBT). Betsy specializes in eating disorders and is the former Executive Director of Eating Disorders and Education Network (EDEN).

Reed Stewart, ABECSSW, LMSW, BCD, is a Licensed Clinical and Macro Social Worker in the State of Michigan and a Board Certified Diplomat in Clinical Social Work through ABECSSW. He received a Graduate Certificate in the Treatment of Substance Abuse at the University of Utah, Graduate School of Social Work in 1995 and a Master of Social Work Degree at the University of Alaska Anchorage in 1998. Reed has been intensively trained in DBT through Behavioral Tech. He provides national-level trainings and seminars in DBT. He is trained in EMDR. He has worked in multiple practice settings in several states as a clinical social worker and psychotherapist. Reed is also co-owner/founder of a private psychotherapy practice, specializing in DBT and difficult-to-treat disorders, with 3 office locations in the State of Michigan.

Staff Daily Report – Partial Hospitalization Program

Staff Signature: _____ Date: _____

Patient report of events since prior day: _____

CRITERIA FOR PARTIAL HOSPITALIZATION

Severity of Illness (signs, symptoms, functional impairments, and risk potential) (At least two of the following are present)

1. Psychiatric signs and symptoms (characteristics which suggest a significant pathological condition)
 - See symptoms identified by patients – *Daily Note page 1 – Patient Daily Report*
 - Staff observation of symptoms: _____

2. Serious disruption of pre-existing self care skills _____
 Diminished ability to attend to basic physical needs/or perform daily living skills.

 Deterioration in interpersonal functioning _____

 Difficulties meeting family / social and/or education/occupation role performance expectation _____

3. Moderate danger to self _____
4. Moderate danger to others _____
5. Medication regimen complications _____

Intensity of Service

Patient needing intensive support, structure, therapy, and medication management of Partial Program to aid with:

- | | | |
|--|---|--|
| <input type="checkbox"/> Increased Functioning | <input type="checkbox"/> Preventing Relapse | <input type="checkbox"/> Building Coping Skills |
| <input type="checkbox"/> Maintaining Safety | <input type="checkbox"/> Stabilizing Mood | <input type="checkbox"/> Transitioning home from Inpatient |

At least one of the following (for medical necessity)

1. Requires intensive, structured, coordinated, multi-model treatment and supports with active psychiatric supervision to arrest regression and forestall the need for inpatient care.

2. No longer requires 24 hour care of Inpatient but continues to require active intensive treatments and supports to relieve/reverse disabling psychiatric symptomatology and/or residual functional impairments.

3. Routine medical observation and supervision is required to effect significant regulation of psychotropic medication and/or minimize serious side effects.

Adult Partial Hospitalization Program Schedule

Program Begins at 9:00 a.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:50	Focal Group	Focal Group	Focal Group	Focal Group	Focal Group
10:00 - 10:50	Art Therapy	Art Therapy	Art Therapy	Art Therapy	Art Therapy
11:00 - 12:30	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
12:30 - 1:30	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 - 2:30	Psych Ed/ Spirituality	Psych Ed/ Nutrition/Dietician	Psych Ed/ Life Skills	Psych Ed/ Life Skills	Psych Ed/ Life Skills
2:30 - 3:30	Discharge Planning	Discharge Planning	Discharge Planning	Discharge Planning	Discharge Planning

Program Ends at 3:30 p.m.



Sometimes, first aid isn't a bandage or CPR or the Heimlich or calling 9-1-1. **Sometimes, first aid is YOU!**

Someone you know could be experiencing a mental illness or crisis. YOU can help them.

You are more likely to encounter someone — a friend, family member, coworker, neighbor or member of the community — in an emotional or mental crisis than someone having a heart attack.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social or self-help care.

Anyone can take the 12-hour Mental Health First Aid course: first responders, students, teachers, leaders of faith communities, human resources professionals* and caring citizens.

Sometimes, the best first aid is YOU. Take the course, save a life, strengthen your community.

Upcoming Course Dates: Unless otherwise noted, all courses take place from 9am-4pm each day in the LifeWays Pine Room, located at 1200 N. West Avenue in Jackson.

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| October 12 & 13, 2011** | January 19 & 20, 2012 |
| November 3 & 4, 2011 | February 9 & 10, 2012 |
| December 7 & 8, 2011 | February 23 & 24, 2012 |
| January 5 & 6, 2012 | |

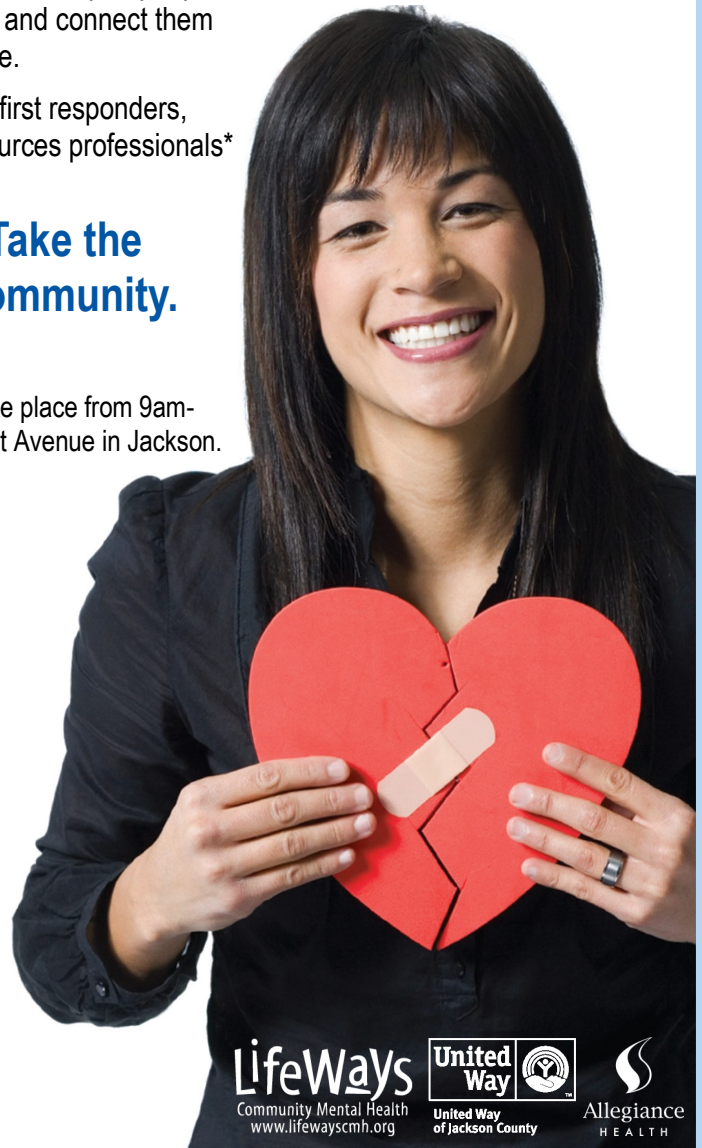
Registration Fee: \$17.50

Fee includes snacks, lunch and all training materials. 48-hour cancellation notice required for refunds.



*This course is approved for 12 General Recertification Credit Hours by the Society for Human Resource Management's HR Certification Institute. These hours relate to the Professional in Human Resources (PHR), Senior Professional in Human Resources (SPHR) and Global Professional in Human Resources (GPHR) certifications. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit.

**Course location: Hillsdale ISD 310 W. Bacon St., Hillsdale, MI.



For More Info and to Register Online: www.lifewayscmh.org
Questions? Email heather.english@lifewayscmh.org or Call 517.796.4533

Stomp Out Suicide



and bullying

5K

Saturday, October 1, 2011

Cascade Falls Park Pavilion • Jackson, Michigan

Check-In: 11:30am • 5K Walk/Run: Noon

**FREE Food • \$5 Event T-Shirts • Survivor
Stories Memorial Balloon Release**

**Register for the Stomp Out Suicide & Bullying 5K
by September 16, 2011:**

Online: www.lifewayscmh.org

By Phone: 517.780.3332 or 866.630.3690

LifeWays
Community Mental Health