



HSCB Focus

HSCB is the state-designated community collaborative for Macomb County.

Changes to Healthy Michigan Plan

UPDATES

- Peer Recovery Coaches are available throughout Macomb to work with individuals currently in substance abuse treatment services. These coaches assist in developing and enhancing resources and skills to manage their recovery. For more information, contact CARE of Southeastern Michigan, (586) 541-CARE.
- A list of Macomb County Medication Disposal sites that take back drugs throughout the year is posted on the HSCB website. The link is: <https://www.operationrx.com/disposal>

Beginning January 2020, the Michigan Department of Health and Human Services (MDHHS) is making changes to the Healthy Michigan Plan (HMP) which provides health care coverage for individuals aged 19 - 64 years or have income at or below 133% of the federal poverty level.

Some HMP beneficiaries will be required to report 80 hours each month of work or activities like a job search. If they don't, they could lose their health care coverage unless they are exempted. For a list of those exempted, click [here](#).

Some beneficiaries who have had HMP health care coverage for at least 48 months will have to make new HMP premium payments on time and do a yearly HMP Health Risk Assessment to keep their health care coverage.

MDHHS is sending letters about these changes to current HMP beneficiaries in September and October 2019. More information about how to report work or activities will be sent in December 2019.

Clients may sign-up/register for a MI Bridges account if you don't already have one. MI Bridges can help manage their case and explore resources if they need help with day care, transportation, or finding a job. Go to www.michigan.gov/mibridges to register.

Things HMP beneficiaries can do before these changes happen:

- **Get to know their Healthy Michigan Plan costs.** Health plan members should read their HMP statements carefully and make any payments timely. They should also tell MDHHS when something changes that could affect the payment amount, like changes in income or family size.
- **Schedule a check-up with their doctor every year** and talk about different healthy behavior choices that may work for them, like getting a flu shot or getting screened for cancer. They should also complete a [Health Risk Assessment](#).
- **Make an Appointment to See Their Doctor**
It is important to see a doctor for a check-up as soon as possible after enrolling with a health plan. Before your appointment, complete the Healthy Michigan Plan Health Risk Assessment form. The client should take this form with them when they go. Their doctor and health plan will use this information to better meet the client's health needs.

If your client needs assistance with completing the Health Risk Assessment form, have the client call their health plan or the Beneficiary Help Line at (800) 642-3195.

New Macomb County Services



Live Rite for men and women is a new recovery home at 27700 Gratiot Ave., Roseville, MI 48066. There are seven other Live Rite homes in Macomb: four in Warren, and one each in Eastpointe, Fraser, Mt. Clemens and St. Clair Shores.

Live Rite provides a safe, drug and alcohol-free home for those in early recovery. Services include structured programs and helping the addict to build a foundation to learn a new way to live without the use of alcohol or other drugs and learning a better way of life by managing long-term recovery.

The program includes:

- 12 Step programs
- Exercise
- Group Therapy
- Peer Recovery Coaches
- Spiritual Recovery Classes
- Music didactics
- Help with finding employment
- Dialectical behavior therapy
- Community service

For more information about Live Rite homes, call (586) 217-5899 or go to:

[http://
www.liveriterecoveryhomes.com/
index.html](http://www.liveriterecoveryhomes.com/index.html)



The SHED is an after-school activity center for teens aged 14 - 18 . There is a strong focus on the arts with music, poetry readings, storytelling, open mike nights, art and photography exhibits, classes, workshops and lessons. Support groups, workshops and drop-in counseling will also be offered, as well as restorative practices such as yoga and meditation.

The SHED is located at 13295 W. Star Dr., Shelby Township, MI 48315 and is designed to help teens create, connect, confide and build skills and strength to become their best selves.

The Shed is a project of KnowResolve, a 501(c)(3) non-profit organization dedicated to promoting mental health and preventing youth suicides through outreach, advocacy and education.

KnowResolve also sponsors *Survivors of Suicide*, a grief support group for families, friends, and individuals affected by the aftermath of suicide. The group provides professional/peer-facilitated meetings in a supportive and confidential setting.

For more information, about KnowResolve or Survivors of Suicide, go to [http://knowresolve.org/
shed/](http://knowresolve.org/shed/)



Inclusively Fit, is a non-profit fitness and exercise facility, combines education and empathy for children and adults with special needs in a fitness programs designed to meet the specific needs of the child or adult.

The facility has 5,000 square feet of open space with a twenty-foot open ceiling in the back, where the gym is located. The gym area allows for several trainers and clients to work out at the same time, and provides sufficient space to run, bounce, kick and throw a ball. With various weight machines and cardio equipment, along with areas for obstacle courses and basketball, the facility has everything clients with special needs have accessible to achieve optimal results.

Located at 37980 Commerce Dr #1002, in Sterling Heights, MI 48312, Inclusively Fit is a place that understands that a person's physical well-being is strongly connected to their emotional well-being; and that physical accomplishment doesn't just build stronger muscles, but a stronger sense of self.

For a tour of the gym or more information about Inclusively Fit, call (586) 850-5004. <http://inclusivelyfit.com/>

From the Lead Agency Chair

David Pankotai
HSCB Lead Agency Chair



Before coming to Macomb County, I was Executive Director of the ConsumerLink Network in Wayne County, a CMH

contracted agency. One of the projects I was involved in was Project SEARCH which prepares young people with significant disabilities for success in employment.

Knowing the success of this project, I brought the idea of replicating it in Macomb County to the August meeting of the HSCB Executive Council. I am happy to report that it was unanimously approved for implementation.

Two weeks later, representatives from the Macomb Intermediate School District, Michigan

Rehabilitation Services, Lutz School, Bureau of Services to the Blind and Community Mental Health, in addition to several representatives who had helped with the establishment of this project in Wayne County, met to discuss implementation.

Serving as a single point of entry, the Project SEARCH program matches qualified individuals with disabilities to employers with open positions. The program provides on-the-job support, (Employment Coaching) adaptations and accommodations as well as support to management staff. On-site employment retention staff create a unique support system where people with disabilities can successfully maintain employment and advance in their chosen careers.

The project takes place entirely at the workplace including a combination

of classroom instruction, career exploration, and hands-on training through worksite rotations. It is a one-year employment preparation program that takes place entirely at the workplace. Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration, and hands-on training through worksite rotations. The program ends in individualized job development.

Project SEARCH partner agencies will work together to provide local governance and technical assistance that contribute to the success of the program, including the recruitment of local business which will serve as the host agencies for the students.

Look for updates on Project SEARCH in future editions of the HSCB Focus newsletter!

Mobile showers for the homeless available



Access to hygiene services is a major problem for the homeless. Due to transportation, accessibility, and other barriers, they often go long periods of time without a shower.

A non-profit group in Macomb County - Welcoming All Valuing Everyone (WAVE) is helping solve this problem with a mobile shower trailer for homeless individuals, making available 30+ showers in a four hour time period.

The trailer was introduced to Macomb County at a September outreach event at the Well Church located at 176 Gratiot Ave, Mt Clemens, MI 48043.

The trailer will be at the Well Church on the first Saturday of each month from 10 A.M. - 2:00 P.M.

Local organization may assist with the shower services. Responsibilities include: setup and breakdown, greeting and engaging homeless guests, cleaning an assigned area (showers/restrooms).

For more information, contact WAVE at (248) 270-8543.

2019 Information Exchange

The 2019 HSCB Information Exchange is scheduled for Thursday, October 24, 2019 at the Macomb Intermediate School District, 44001 Garfield, Clinton Township, MI 48038. Breakout session include:

- ABA Effective Potty Training Strategies
- An Introduction to Great Start
- CARE: New Recovery United Center
- CMH DD services for youth
- Fentanyl and Opioid Awareness
- Friends Fostering Change
- From IEP to On Your Own, Now What?
- Hope Not Handcuffs
- Internet Safety
- Macomb County K-9 Unit
- Macomb County Parole/Probation
- MSUE 4-H
- Office of Senior Services
- Oral Health
- Overdose Awareness and Prevention Panel
- WIC



REGISTRATION PROCESS (There is a new registration process this year. You must first create an online account before registering. There is no group registration process.)

1. Go to: www.misd.net
2. Click on the "Course Offerings" tab on the top menu.
3. Click on "Complete List of Courses/Events."
4. A screen will pop up indicating that everyone needs to have an account with the MISD before they are able to register.
5. Click on "Create Account" tab near the top of the page on the right.
6. Follow the prompts to create an account. **For the "District" box, if you are employed at an agency and not a school, click on the drop down list, and select "Employer if Other or N/A" for both the District and School name. Use the next two spaces to record your Employer (your agency) and Position (your job title). Leave "Grade taught" and "Content area" blank. Then, click on the "Agreed and Create Account" link. Then click on "Continue."**
7. Once registered, click on the "Home" tab and the courses will be displayed at the bottom of the page.
8. Click on the calendar drop down list and select "October 24, 2019" for both the start and end dates. Click on "Information Exchange."
9. Select one session in one or more of the four tracks (A, B, C, D). **If you select a session and then change your mind, the program only let you select another session in that time frame. If you want to erase any choice, you will need to refresh the page and start again.**
10. Click on "Add to Cart"
11. Another screen will automatically pop up, then enter your Password. When the checkout process is complete you will see a confirmation screen. You will be able to print your receipt. You will also receive an email confirmation of your course enrollment. You will also receive two reminder emails: one seven days before the event and the second two days before the event.

If you need further assistance in registering, there is an online guide posted on the MISD "Complete list of Courses" page. Click on "[MISD Event Registration Participant Guide.](#)"

Information about the HSCB Information Exchange is posted on the HSCB website: <http://mhscb.mccmh.net/TrainingEvents.aspx>

HSCB FOCUS

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