

Case Management

Description: Case managers coordinate community-based services for individuals, customizing their public mental health care based on a Person Centered Plan and medical necessity. In addition to traditional mental health services, case managers may also assist people with primary health care, housing, transportation, employment, social relationships, and community participation.

Community Value: Case management seeks to reduce hospitalizations and support an individual's recovery through a holistic approach that considers each person's overall mental health and physical needs.

Community Living Supports (CLS)

Description: CLS hours assist individuals in learning how to become as independent as possible with activities of daily living.

Community Value: The more independent a person becomes at a young age, the fewer resources they will use throughout the rest of their life.

Criminal Justice Services

Description: Valuable public mental health services ensure that jails do not replace institutions of the past as an acceptable option for non-violent offenders with a mental illness. One example is the Pre-booking Jail Diversion Program which offers community treatment instead of criminal charges for a non-violent misdemeanor.

Community Value: When alternatives to incarceration are made available to people, repeat experiences in the criminal justice system are avoided and paths to recovery are created, aligning with many State and Federal initiatives. The cost of these important community-based services is significantly less than funding required for individuals sentenced to local jails.

Employment Supports

Description: Adults with behavioral health disorders, intellectual/developmental disabilities, and substance use disorders prepare for, locate, and retain meaningful jobs. These goals are attained through robust employment supports that promote job readiness, interests, and skills.

Understanding Specialty Public Mental Health Services

Assistance Not Offered by Private Medicaid Health Plans

Community Value: Across the country, employers are realizing the value that people with disabilities bring to the workforce when given the opportunity and appropriate support services. The outcomes include lower utilization of services and a positive impact on the economy as these individuals support local businesses with their income.

Housing

Description: For people with disabilities, there are often barriers and challenges to obtain the goal of home ownership or long-term, safe housing. Public mental health housing services assist them in achieving their aspirations of independent living.

Community Value: The creation of stable and safe, long-term housing for people with disabilities is one solution that addresses the homelessness crisis in Michigan and throughout the country. Additionally, fair and reasonable community-based housing produces better health and recovery outcomes for people than institutional settings.

Peer Mentor/Peer Supports

Description: Peer public mental health services are delivered by individuals with an intellectual/developmental disability and/or in recovery from a mental illness or substance use disorder. Their life experiences provide expertise that professional training alone cannot replicate.

Community Value: Individuals who receive peer-based services benefit greatly from the role model and partnership of a peer, as they strive to achieve personal goals, including increased community participation, independence, and productivity.

Respite

Description: Mental health respite services provide intermittent relief for family caregivers from meeting the daily, needs of their loved one.

Community Value: Respite is a valuable resource that enables dedicated family caregivers to maintain their own health and prevent weariness that may lead to home placement requests at a much greater emotional or financial expense.

- **Program Initiative: Resource & Crisis Center/Access**

Community Value: The Resource & Crisis Center, addresses the community need for increased public resources for individuals who have an intellectual/developmental disability, mental illness, substance use disorder, and children with serious emotional disturbance. Services offered include: Oakland Assessment and Crisis Intervention Services (OACIS), Oakland Crisis Intervention and Recovery (OCIRT), 24-Hour Crisis and Resource Helpline (800-231-1127), RISE center, and the Sober Support unit

Also located at the RCC, the OCHN Access team responsible for emergent and non-emergent access to public mental health services, including substance use treatment and prevention services (248-464-6363).

- **Program Initiative: Hospital Liaison Position**

Community Value: The Community Hospital Liaison identifies improvements needed for persons seeking/requiring acute psychiatric care. This full-time position focuses on improving the process and flow from community Emergency Departments to either our crisis services (Common Ground), or to inpatient care. The hospital contracts for inpatient psychiatric care are held directly with OCHN. The liaison works to establish a relationship with our contracted hospital partners and provides contract management.

OCHN has partnered with New Oakland Family Centers to establish the Oakland County Youth Mobile Crisis Team. The Youth Mobile Crisis Services are available to help teens, young adults, and children who are experiencing a mental health crisis. To access services, call 877.800.1650.

- **Program Initiative: Suicide Prevention**

Community Value: In 2014, OCHN was awarded a grant of \$200,000 annually for five years to support suicide prevention efforts throughout the county. Although the grant funding has ended, OCHN continues to partner with the Oakland County Health Division to address suicide prevention & continues to provide training, community awareness events, and resource tools for the community.

Community Inclusion

Inspiring Hope, Empowering People, and
Strengthening Oakland County Communities

- **Program Initiative: Alliance for Housing**
Community Value: The Alliance for Housing is a nonprofit organization committed to end homelessness in Oakland County. It serves as the continuum of care for Oakland County in which funding for homeless grants and services will start to pass through. This is a community collaboration of both public and private members including: schools, hospitals, sheriff's department, homeless shelters, and the health department.
- **Program Initiative: Community Housing Network**
Community Value: CHN is a nonprofit organization established by OCHN in 2001 as a housing resource center. The agency offers an array of services and programs that work together to provide a comprehensive approach to working with those in a housing crisis or at risk of homelessness. Community programs include the Housing Resource Center, housing counseling, Getting My Own Address (GMOA), future housing planning, community outreach and street outreach (PATH), and Shelter Plus Care designed to house and provide supportive services in the home for those vulnerable individuals.
- **Program Initiative: Individual Placement & Supported Employment**
Community Value: Individual Placement and Supported Employment (IPS) is an evidenced based model that helps people who have been diagnosed with a serious mental illness find work. IPS Supported Employment distinguishes itself from standard supported employment by using specific fidelity measures to achieve high employment outcomes. This model helps people gain employment in community based, integrated employment settings that pay minimum wage or above.
- **Program Initiative: Freedom Road Transportation**
Community Value: OCHN helped establish Freedom Road Transportation (FRT) to fill the public transportation gap for the underserved; giving individuals the freedom to avoid social isolation, attain employment, access medical services, shopping and other activities. FRT supplies resource information about available transportation, identifies people who are homebound or living in isolation; and provide monetary incentives for volunteer drivers to assist eligible persons in receiving needed transportation when they do not have any other form of transportation available or are unable to use other forms of transportation.

- **Program Initiative: Honor Community Health**

Community Value: Honor Community Health is a nonprofit, 501(c)(3) community health center established by OCHN in 2012. The Federally Qualified Healthcare Center (FQHC) offers complete, coordinated, high quality primary, mental and dental health care throughout Oakland County. Services are open to all, regardless of insurance or residence. Last year alone more than 22,000 people received services from Honor Community Health. Additionally, OCHN recently finalized a contract with Honor Community Health to provide psychiatric services for individuals who are exiting the OCHN public system or who may not be found eligible for services. OCHN also funded a full-time healthcare coordinator who is embedded in the Honor Community Health clinics to support uninsured and underinsured individuals who cannot be served by the public system. Since 2012, OCHN has committed \$8.4 million to Honor Community Health success, and is presenting a request to its Board to proposal for an additional \$900,000 in 2017.

- **Program Initiative: Healthcare Coordination** -\$350,000 (grant funded / local dollars)

Community Value: This initiative is the result of several smaller initiatives that blend together to coordinate all healthcare needs and services of the individuals served by OCHN. This is accomplished using data analysis to determine the most common chronic healthcare conditions experienced by individuals in the public system, ensure that each individual has access to and sees a primary healthcare provider, and by identifying and problem solving any barriers that are experienced. In addition, software is used to provide real time notifications of medical hospitalizations to providers and formal agreements with the Medicaid Health Plans assure that individuals receive all their entitlements while reducing duplicative services.

- **Program Initiative: Alliance of Coalitions for Healthy Communities (ACHC)**
Community Value: The Alliance is the umbrella organization funded by OCHN to ensure sustainability and to build capacity of the 21 existing community prevention coalitions. The coalition's presently serve fifty-five + local communities in Oakland County. The goal of the ACHC is to assist in establishing a coalition presence in every community in Oakland County, bringing sectors together to address local as well as region-wide problems that result from substance use. The Alliance also provides community Narcan trainings and distribution of naloxone, as well as several recovery support groups for people and/or families impacted by substance use disorders.
- **Program Initiative: Do Your Part: Be the Solution**
Community Value: Oakland Community Health Network and The Alliance of Coalitions for Healthy Communities collaborate to promote and create awareness for the State's Do Your Part: Be the Solution initiative to prevent the misuse of prescription drugs and alcohol. The awareness campaign includes the use of billboards, bus ads, social media engagement, and community education presentations throughout Oakland County.
- **Program Initiative: Law Enforcement Responds with Naloxone (LERN)**
Community Value: Oakland Community Health Network initiated the LERN Program in 2015 to provide Narcan / Naloxone to local law enforcement for the reversal of an opioid overdose and to save lives. OCHN provided a train-the-trainer program regarding basic addiction neurobiology, the impact of over-prescribed medication on substance misuse, and how stigma and misinformation about the disease of addiction are barriers to treatment and prevention. Narcan is currently provided directly through the Michigan Department of Health and Human Services, however, more than 4,000 Naloxone kits were provided to local police departments, and well over 1,000 lives have been saved with the implementation of the OCHN LERN program.
- **Program Initiative: myStrength**
Community Value: myStrength is a unique online emotional wellness program. Like a virtual gym for the mind, myStrength provides personalized online and mobile resources proven to promote ongoing emotional well-being. myStrength's safe and secure platform delivers stress management tools, inspirational videos, articles, and quotes, as well as step-by-step eLearning modules to help individuals feel better and stay better. This resource has been made available by Oakland Community Health Network to all Oakland County residents.
- **Program Initiative: Recovery, Information, Support, and Education (RISE) Center**
Community Value: The R.I.S.E. Center provides adjunct services needed to further promote recovery and is centralized in one location; making services more accessible. The center, which is open to the entire community, provide services that aid people with sustaining recovery and offering early intervention for those at risk of relapse. Assistance available at R.I.S.E. includes connecting people to resources for: dental, education,

employment, housing, legal support, mental health services, and transportation. Services are provided by a credentialed case manager and certified recovery coach.

- **Program Initiative: Sober Support Unit**

Community Value: The Sober Support Unit (SSU) assists with immediate substance use needs of the community to enhance jail diversion efforts and reduce non-emergency visits to the hospital. This is the first step towards treatment for individuals who come to the unit and are willing to participate in a mental health/substance use assessment. The goal of the sobering and monitoring program is to provide a supportive environment for people experiencing side effects of drug and alcohol use. The program will accommodate ten individuals at any given time, twenty-four hours a day, seven days a week.

- **Program Initiative: Data Supports Substance Use Initiatives**

Community Value: In combination with a variety of community initiatives to address the opioid epidemic, OCHN partners with the Oakland County Medical Examiner's Office to monitor overdose deaths and implement various programming to address this rising concerns. These initiatives include programs listed above such as, coalition interventions, public education and awareness media campaigns, Law Enforcement Respond with Naloxone, RISE Center, Sober Support Unit, among other treatment supports.

Community Initiatives

- **Stepping Up**
Community Value: The Oakland County Board of Commissioners (BOC) partnered OCHN and local members of the criminal justice system in support of the nationally recognized Stepping Up Initiative as stated in an approved resolution. Stepping Up is an unprecedented national collaboration designed to reduce the number of people with a mental illness in jail through appropriate treatment and prevention services. An Oakland County Stepping Up resolution in support of this effort was passed with a unanimous vote on January 20, 2016. MDHHS has extended technical assistance to communities across the state to further implementation of Stepping Up activities.
- **Sequential Intercept Model**
Community Value: The Sequential Intercept Model was developed by the SAMHSA GAINS Center to formalize intercept points along the criminal justice continuum. OCHN employs this model to identify opportunities to implement strategies to divert individuals with mental health concerns. OCHN is consistently working to fill the gaps through collaborative agreements with community partners to build sustainable efforts.
- **Behavioral Health Justice Collaborative (BHJC)**
Community Value: The Behavioral Health Justice Collaborative is a quarterly group that meets to address the justice initiatives at OCHN and the other critical community sectors. Community partners with a stake in justice outcomes for individuals with mental illness (Oakland County Sheriff's Office, Jail Services staff, Community Corrections, Court staff) as well as the OCHN Providers are in attendance at the meeting. OCHN publishes the quarterly newsletter "Oakland Justice Connection" to bring greater awareness to the broader community by highlighting local efforts and initiatives.
- **Crisis Intervention Team (CIT) Training**
Community Value: CIT is a nationally recognized, community program that establishes a partnership between law enforcement and mental health professionals. It is strategically designed to promote positive outcomes during crisis situations that require police assistance. Officers receive 40 hours of comprehensive mental health training, which includes information about mental illness and developmental disabilities, opportunities to speak with advocates, individuals with mental illness and their families, and participation in role-playing scenarios. To date, 216 law enforcement officers have received the full 40 training, with 55 returning for an additional 8-hour training to hone skills in interacting with youth (CIT-Youth). These efforts were initiated in part through funding provided by the MI Diversion Council, and have been sustained by OCHN since grant support ended.

- **Program Initiative: Law Enforcement Responds with Naloxone (LERN)**
- **Community Value:** Oakland Community Health Network initiated the LERN Program in 2015 to provide Narcan / Naloxone to local law enforcement for the reversal of an opioid overdose and to save lives. OCHN provided a train-the-trainer program regarding basic addiction neurobiology, the impact of over-prescribed medication on substance misuse, and how stigma and misinformation about the disease of addiction are barriers to treatment and prevention. Narcan is currently provided directly through the Michigan Department of Health and Human Services, however, more than 4,000 Naloxone kits were provided to local police departments, and well over 1,000 lives have been saved with the implementation of the OCHN LERN program.

Program Initiatives – Criminal Justice

- **Pre-Booking Jail Diversion**
Community Value: Pre-Booking Jail Diversion services offer persons diagnosed with a developmental disability, mental illness, or substance use disorder the opportunity to receive treatment within the community instead being charged with a criminal offense for a non-violent misdemeanor. Jail Diversion is accomplished through a comprehensive, county-wide partnership between law enforcement, the public mental health system, advocates, and other stakeholders.
- **Mental Health Courts**
Community Value: The 45th District Court (retired Judge David Gubow) established a Mental Health Court in 2017. The goal of the mental health court is to provide individuals with services and resources to reduce the likelihood of returning to the criminal justice system. This program is intended to give an opportunity to seek treatment, utilize services and resources, and always have a team of professionals working with them. OCHN is a partner in the SCAO (State Court Administrative Office) grant opportunity and embedded a clinical liaison in the court. This Mental Health Specialty Court is also open to other jurisdictions in Oakland County.
- **Adult Treatment Court**
Community Value: OCHN is an engaged and active member of the Oakland County 6th Circuit Adult Treatment Court and the Waterford 51st District Sobriety Court. OCHN embedded a clinical liaison at the Circuit Court, and OCHN provides Access Screenings to program participants to determine if higher level of care substance use services is needed. They provide direction to participants on funding options through the public substance use system as well as help individuals navigate their private insurance to secure treatment.
- **Jail Program Services**
Community Value: OCHN and the Oakland County Jail have partnered to provide crucial mental health services for individuals, who are incarcerated. Early screening and identification, referral for psychiatric review and medication, Care Coordination and Re-Entry planning are services provided by an embedded multi-disciplinary team.
- **Medication Assisted Treatment**
Community Value: Oakland Community Health Network (OCHN) and the Oakland County Jail have partnered to provide a Medication Assisted Treatment (MAT) program to address the high rate of overdose upon release from incarceration. Recognizing that

medication is an adjunct to treatment to aid in a person's recovery while incarcerated, MAT combines individualized treatment planning, recovery coaches, and therapeutic services to address a person's opiate use disorder.

- **Re-Entry to Community Transition**

Community Value: OCHN embedded a REACH (Rapid Engagement and Access to Community Health) Coordinator at the Oakland County Jail in 2016. This position allows for individuals to be screened for mental health services and provide supportive care coordination to individuals with a potential Alcohol Use Disorder prior to their discharge from jail. The REACH Coordinator remains connected until first appointment with a provider and assists with removing potential barriers, such as transportation, unstable housing/homelessness. While this position was initially grant-funded, OCHN has now sustained the position. To provide discharge planning, another embedded liaison – the Criminal Justice Resource Coordinator – focuses on communication and information sharing with providers, coordination of on-going services, and access to prescriptions at the time of jail discharge.

- **Probation and Mental Health System Navigation**

Community Value: With the support of new funding through the Mental Health Diversion Council, OCHN created a sustained Probation – Mental Health Systems Liaison position that supports and encourages cross-system collaboration between Probation/Parole Officers and the mental health system to decrease technical violations by individuals. In addition, this position provides training to both systems to bridge any communication and knowledge gaps to better serve the community.

- **Behavioral Health System - Michigan Department of Corrections (MDOC)**

Community Value: Effective April 1, 2020, OCHN assumed responsibility for substance use disorders (SUD) services to individuals on probation or parole, which were previously provided by MDOC. OCHN created a web-based referral system that allows agents to submit referrals for SUD Access Screenings/Higher Level of Care requests and Outpatient Treatment Notifications. A Behavioral Health Systems Liaison provides direct assistance to MDOC Agents and individuals served throughout the referral process, while removing barriers to treatment and monitoring compliance to MDOC requirements.

- **Community Corrections**

Community Value: Oakland County Community Corrections approached OCHN regarding their Alternatives to Incarceration program. This program was funded solely with county general funds. The funding was running out mid-year and approval was denied an increase in funding. OCHN agreed to partner and provide funding for these services in order to maximize the county general funds and keep the program going. This arrangement continues currently. In addition, OCHN partners with Community Corrections and will provide 50% of staff salary and benefits for a liaison between the court, community corrections, and Access.

Program Initiatives – Juvenile Justice

- **Early Identification of Mental Health Needs**

Community Value: OCHN was awarded a grant through the Michigan Department of Health and Human Services that has allowed for a Mental Health and Juvenile Justice Coordinator to assist with early identification of mental health needs in at-risk youth.

This position works directly with youth and families by administering age-appropriate screening tools and connects the individual with resources based on the results. The liaison also provides follow-up services to ensure that the individual was able to connect with the referrals.

- **Juvenile Justice Coordination**

Community Value: In 2016, OCHN partnered with the Oakland County Circuit Court – Family Division and embedded a Juvenile Justice Coordinator at the court. This Community Liaison provides eligibility screenings, crisis intervention services, case consultation, and system navigation to the youths, families and community partners, which include Court Case Workers/Probation Officers, Referees and Judges, Youth Assistance and Children’s Village Re-Entry Team. In addition, the Community Liaison participates in committees to support diversion efforts for youth with mental health needs.

- **Children’s Village Substance Use Disorder Services**

Community Value: Through an OCHN contracted provider, substance use disorder services (SUD) are provided to detained youth within Children’s Village. Using evidenced based programming the treatment provider works with the youth on a variety substance use topics, providing early intervention, prevention and treatment services to assist the individual with successful transition back to the community.

- **Program Initiative: Veterans Navigator Position**

Community Value: In 2018, OCHN established a Veterans Navigator position to support Oakland County veterans and their families, regardless of discharge status. This includes veterans who do not meet service eligibility due to time-in-service and veterans who are not eligible for Veterans Administration (VA) services. The Veterans navigator can also assist veterans who do not wish to seek traditional support paths.

The Veteran Navigator assists Oakland County veterans and their family members by helping them navigate state, federal, and community resources such as mental health, substance use, disabilities, support groups, housing, employment, transportation, and various other resources.

More information is available by phone at 248-464-6363 or via email at mcdonaldc@oaklandchn.org.

- **Program Initiative: Resource & Crisis Center/Access**

Community Value: The 2014 restoration of the former Golden Oaks Nursing Home, now called the Resource & Crisis Center, addressed a community need for increased public resources for individuals who have a mental illness, substance use disorder, intellectual/developmental disability, and children with serious emotional disturbance. Services offered at the 48,000 square foot building include, Oakland Assessment and Crisis Intervention Services (OACIS), Oakland Crisis Intervention and Recovery (OCIRT), and the 24-Hour Crisis and Resource Helpline (800-231-1127).

Also located there, the OCHN Access team responsible for Emergent and Non-Emergent access to public mental health services, including substance use treatment and prevention services (248-464-6363).

- **Program Initiative: myStrength**

Community Value: myStrength is a unique online emotional wellness program. Like a virtual gym for the mind, myStrength provides personalized online and mobile resources proven to promote ongoing emotional well-being. myStrength's safe and secure platform delivers stress management tools, inspirational videos, articles, and quotes, as well as step-by-step eLearning modules to help employees feel better and stay better. This resource has been made available by OCHN to all Oakland County residents.

Employment trainings

A Future That Includes Employment

Parents, family members, or caregivers of individuals with significant disabilities may be hesitant to envision community-based competitive employment as part of their loved one's future. This workshop shows that work is possible for all people regardless of disability, addresses questions, and shares resources needed to begin considering competitive employment.

This workshop is meant to be an introduction to seeing employment as an option, and addresses the follow topics:

- Opportunities and challenges
- Employment First and competitive employment
- Core employment concepts
- The power of high expectations (and impact of low expectations)
- Benefits of working
- Creating a vision statement
- Preparing for employment success
- Addressing concerns
- Social Security benefits overview
- Action steps: Getting Started

Target Audience: Parents and caregivers of individuals with significant disabilities

Lightening the Way: Helping Families See Possibilities in Competitive Employment

Families of individuals with significant disabilities may be hesitant to envision employment in the community for their loved one. Learn how to establish relationships and build partnerships with families so employment can be a consideration. Work is possible for all people regardless of disability - connect with resources needed to begin advocating for competitive integrated employment.

This session is meant to be an introduction to understanding and partnering with families, and addresses the follow topics:

- Understanding the impact of having a loved one with a significant disability and negative messages about disability
- Reasons families may be apprehensive to explore employment and strategies to work through that apprehension.
- Tips for employment agencies to become more family centered.

Target Audience: Anyone working with individuals with significant disabilities.

Credit: One (1) Social Work continuing education credit available.

LEAP

LEAP® (Listen-Empathize-Agree-Partner) is an evidence-based SAMSHA communication tool designed for those working with and caring for individuals with severe and persistent mental illness. LEAP® is for any relationship but has also been shown to increase adherence to mental health treatment, based on the research of Dr. Xavier Amador.

Learn skills to help those with severe and persistent mental illness by learning to find common ground and conveying genuine understanding, empathy, and respect for their point of view.

Target Audience:

- Family caregivers and friends of persons with severe and persistent mental illness.
- Anyone working with persons who experience psychosis.

Credit: Four (4) Social Work continuing education credits available.

Living Hope Series

Target Audience: Those receiving services, their families, providers, direct support professionals, and anyone who supports persons with disabilities.

Catching Hope: Hope Givers, Hope Receivers, & Hope Stealers

In this class, Sherri Rushman tells her Recovery Story from being a desperate hope grabber to becoming a Hope Receiver and then, a Hope Giver. She learned to say NO to Hope Stealers and ignore their Hope Stealing messages. You will learn:

- How you can become a Hope Receiver
- How to find Hope Givers
- How becoming a Hope Giver helps you and others
- What a Hope Stealer is and why you don't want to become one

Defeat Loneliness with Wrap

We all need friends to 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. Explore how to reduce loneliness and next steps to use after the training. A sample WRAP (Wellness Recovery Action Plan) plan on defeating loneliness will be handed out at workshop.

The Power of Positive Thinking

Learn helpful strategies to replace negative thoughts with more positive thinking practices. Sherri Rushman shares her experiences on achieving higher levels of wellness, stability, and quality of life through an optimistic outlook. Learn to identify negative thoughts that are impacting your life and take action to improve and enhance your thought patterns.

Worry Less with Wrap

Everybody worries from time to time. There is a problem though if worry is taking up too much of your time and energy. The good news is that you can learn to reduce your anxiety and deal with worry more effectively. A sample WRAP (Wellness Recovery Action Plan) plan on worry will be handed out at workshop. This workshop is based on Mary Ellen Copeland's "The Worry Control Workbook" and we will explore:

- The definition and descriptions of worry
- What worry can cause
- What's wrong and what's good about worry.
- When worry becomes a problem
- Components of worry
- Techniques for dealing with worry.
- Wellness tools to help with worry.
- Change Negative Thoughts to Positive Thoughts

Tools of Connectivity

Topics Covered:

- Tools for Connectivity
- How to Become a Skilled Facilitator
- Signs of a Good Co-Facilitator
- Tips for Visual Aids
- Relaxation Tools
- Brainstorming
- Learning Audience Types

Target Audience: Peer Support Specialists, Peer Mentors, Parent Support Partners, Recovery Coaches, Moving Forward Graduates, and Anyone who runs group.

Mental Health First Aid

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them with appropriate care.

Five (5) different Mental Health First Aid trainings are available for Adults (general population), Youth, Public Safety, Older Adults, and Veteran specific populations.

Learn how to interact with a person in crisis and connect them with help, as well as common signs and symptoms of mental illness and substance use. You will learn how to apply the ALGEE action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Target Audience:

- Community members
- Caring individuals
- Employers
- Police officers / First responders
- Hospital staff
- Faith leaders
- Parents
- People who work or interact regularly with youth, older adults, veterans, or adults in general.
- Teachers / School staff
- Coaches
- Camp counselors / Youth group leaders

Moving Forward

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. Training topics include Role of a Peer Support Specialist, Using Your Story as a Tool, Listening, Communication, and Gentle Teaching.

Target Audience: Individuals with a mental illness or developmental disability

Speechcraft

Speechcraft is an 8-session program designed to develop public speaking ability and increase confidence in overall communication, including written and impromptu speeches, body language, active listening, and critical evaluation.

Target Audience:

- Individuals receiving services for mental health, substance use disorder, or intellectual and developmental disabilities.
- Any OCHN or provider network employee who facilitates meetings, speaks in public or gives presentations.
- Anyone wanting to improve their public speaking and communication skills.

WRAP

WRAP 2-day Training

This workshop, teaching how to write a WRAP plan, is the only prerequisite to qualify for the OCHN 5 Day WRAP Facilitator training. Must attend both days and those signing up for the 2 day should also sign up for the 5-day WRAP class.

Target Audience: Certified Peer Support Specialists, non-certified Peers, and individuals receiving mental health services.

WRAP 3-Day Training

This training guides a person through a process to develop his or her own practical plan to live a happier and healthier life. This training can count towards Peer Mentor Internship.

- Create list of things you can do to keep yourself happy and healthy.
- Create list how you feel when you feel good.
- Create list of things you need to do every day to stay as happy and healthy as possible.
- Develop plan to use your wellness tools to help yourself feel better from stressful events.
- Develop plan to do things that are helpful when you feel bad or awful.
- Develop Crisis Plan that lets supporters know what you need them to do and help with during a very difficult time.

Target Audience: Peer Mentors and individuals receiving mental health services.

WRAP 5-Day Training

This class consists of 5 full days learning how to be a WRAP Facilitator. You must attend a 2-Day WRAP with the State or OCHN prior to attending this training. You will be able to teach WRAP with a co-facilitator. You must have a co-facilitator to facilitate WRAP classes.

Target Audience: Certified Peer Support Specialists and non-certified Peers

New Hire Rights Training

The 4-hour New Hire Rights training is required for contracted providers and employees within the first 30 days of employment per The Michigan Mental Health Code. and Oakland Community Health Network (OCHN) policy.

Target Audience: All contracted providers and employees within the OCHN Network, under the Mental Health Code

**Contracted providers and employees within the Substance Use Disorder network are required to take a different rights training.*

Clinical Assessments

LOCUS

Level of Care Utilization System (LOCUS) is an assessment tool used to support accurate level of care recommendations.

Training Objectives

- Describe the steps needed to maintain fidelity to the LOCUS model.
- Utilize LOCUS criteria for adults with psychiatric disturbances.
- Demonstrate knowledge by completing vignettes and scoring.
- Learn a process of gathering assessment information from persons.

Target Audience: This training is open to OCHN Core Provider Agency Clinical Staff only.

Credits: Six (6) social work CEUs available.

DLA-20

The Daily Living Activities – 20 (DLA-20) is an assessment tool used to support accurate level of care recommendations.

Target Audience: All Case Managers and Supports Coordinators in the OCHN Network

Suicide Prevention

ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day, interactive, evidence-based workshop in suicide first aid. ASIST teaches you to recognize when someone may have thoughts of suicide and work with them to create a plan that supports their immediate safety.

Over the course of the two-day workshop, ASIST participants learn to:

- Understand ways that personal and societal attitudes affect views on suicide and interventions.
- Provide guidance and suicide first aid to a person at risk.
- Identify and implement key elements of an effective suicide safety plan.
- Recognize important aspects of suicide prevention including life promotion and self-care.
- Appreciate the value of improving and integrating suicide prevention resources in the community.

Target Audience: OCHN providers, clinical staff, law enforcement, justice professionals, and anyone wanting to make a difference in preventing suicide. Participants must attend the entirety of both days of the training.

Credits: Fourteen (14) social work CEUs available.

safeTALK

safeTALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. safeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The 'safe' of safeTALK stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and Keep Safe.

After training, participants will be able to:

- Challenge attitudes that inhibit open talk about suicide
- Recognize a person who might be having thoughts of suicide.
- Engage them in direct and open talk about suicide.
- Listen to the person's feelings about suicide to show that they are taken seriously.
- Move quickly to connect them with someone trained in suicide intervention.

Target Audience: Anyone who wants to prevent suicide.

Credits: Three (3) social work CEUs available

Person-Centered / Family Centered Planning

Person-Centered / Family Centered Planning for Mental Health Professionals

The Person-Centered Planning Process assists the individuals we serve in gaining control over their own life; increases opportunities for participation in the community; recognizes individual strengths, desires, interests, and dreams; and through team effort, develops a plan to turn dreams into reality.

This training will cover the entire Person-Centered Planning Process and outcomes achieved through the process. Topics covered include:

- Assessments
- How to write SMART Objectives
- Pre-Planning and IPOS (INDIVIDUAL PLAN OF SERVICE) meetings
- Periodic Reviews, Amendments, and Authorizations
- Rights, HCBS (Home and Community Based Services), and Due Process
- Independent Facilitation and Self-Determination

Target Audience: Case Managers, Supports Coordinators, Independent Facilitators, Clinical Staff, Provider staff involved in the person-centered planning process.

Credits: Pending

Person-Centered Planning for Individuals Served

Specialized Residential Trainings for Individuals Receiving Services

Dignity and Respect

This interactive training aims to educate individuals receiving services on what dignity and respect means and why they should always be treated with dignity and respect. Trainers share personal

stories and engage participants with activities. This training also covers the steps one should take if they are not being treated with dignity and respect.

Target Audience: Individuals receiving services that reside in residential settings and individuals served who participate in day programs