



RECOVERY BLUEPRINT WORK PLAN

Effective October 1, 2014

We have adopted the Substance Abuse and Mental Health Services Administration (SAMSHA) four major goals that support life in recovery – **Health, Home, Purpose, and Community** – as the themes for our new Recovery Transformation Blueprint. This allows us to build upon our earlier Recovery Blueprint and is consistent with feedback received this year.

As part of managing our ongoing change, we will:

- Review our NLCMH Mission for alignment with SAMSHA's new recovery definition;
- Continue to administer the Recovery Enhancing Environment (REE) survey or other surveys if selected by the Northern Michigan Regional Entity and specify clear ways to use the data to continue enhancing the NLCMH commitment to be a recovery-oriented organization through new Blueprint steps;
- Assist adolescents and their families successfully transitioning into adult systems (schools, physicians, churches);
- Provide annual recovery training for persons served by NLCMH and its providers to ensure we continue to move forward in building and strengthening our recovery culture.

On the following pages are the four themes – **Health, Home, Purpose, and Community** – each with Fiscal Year (FY) 2013-14 accomplishments and work yet to be accomplished.



HEALTH

ACCOMPLISHMENTS in FY 2013-14

- First CMH in the state to have a tobacco-free campus and tobacco-free policy as of September 15, 2014.
- Tobacco Education and Cessation “Choices” groups have been and are starting in each of our offices, along with cessation and motivational interviewing training for staff and community.
- A continued focus on wellness has resulted in: walking groups for consumers and staff; healthy lunches for consumers and staff; MI-PATH groups offered in each office staff wellness committee established, drop-in centers have held multiple trainings on nutrition, food safety, health and exercise.
- We are piloting a Medicaid Health Home program for the state for certain residents of Grand Traverse County.
- We opened an integrated care clinic in our Traverse City Building, with Traverse Health Clinic providing medical services for people we serve. In other areas we have placed our NLCMH staff inside medical offices practices too. This is an effort to “put the head back on the body” and treat the whole person.

WORK YET TO BE ACCOMPLISHED

1) Develop and implement integrated care opportunities.

Work Plan	Lead	Timeline
Educate Case Management and other clinical staff on chronic health issues and basic health interventions.	Karl Kovacs	June 1, 2015
Offer the inclusion of a physical health goal in all IPOS developed.	Karl Kovacs	January 1, 2015
Schedule and promote groups on peer health promotion and coaching, including the MI-PATH program and tobacco cessation as available.	Pat Munsell	Ongoing
Add 5As tobacco intervention to EMR.	Keith Huggett	January 1, 2015
Provide tobacco cessation resources and support to consumers (including having peers trained in Choices consumer cessation support curriculum).	Pat Munsell	Ongoing
Implement wellness activity plans for drop-in centers.	Pat Munsell	Ongoing
Hire local vendor for craft/recreation classes to decrease stress at Kandu Island Drop-In Center.	Lauri Fischer	Ongoing

2) Develop and implement a training and education plan to accomplish greater understanding of recovery, health, and wellness among stakeholders.

Confirm 5 Stages of Recovery Video and booklet are used in ongoing training.	Matt Leiter	January 1, 2015
Implement using RENEW curriculum for peer-led education.	Pat Munsell	December 1, 2015



HOME

ACCOMPLISHMENTS in FY 2013-14

- We have 41 leased apartments in our homeless prevention program and at least 16 people have found stable housing since March 2014.
- We created a training video on the Culture of Gentleness and distributed it as a recognition program at 65 specialized residential homes where people with significant disabilities live. This project highlights recovery principles and sheds a light on a part of our community rarely seen.

WORK YET TO BE ACCOMPLISHED

- 1) Create a plan to comply with the Olmstead Act consistent with regional plan (including reducing use of large group homes).

Create a clear consensus statement regarding NLCMH and the Olmstead Act (include homes, GTI, ROOC, NOC).	Carrie Gray	June 1, 2015
Consistent with the Olmstead Act, assist individuals wishing to return to our area to live in our communities. (Implement the Northern Michigan Regional Entity plan.)	Carrie Gray	June 1, 2015

- 2) Increase opportunities and support for people to find affordable, safe and stable housing arrangements of their choice.

Use Homeless Awareness Week to educate people on how to be a good tenant, tenant rights, how to join a neighborhood and be a good neighbor, what resources are available.	Katie Deller and Windy Near	December 1, 2014
Review NLCMH housing practice and procedures and provide staff training.	Katie Deller and Windy Near	January 1, 2015
Identify key housing contacts for each county and distribute to staff and community partners.	Katie Deller and Windy Near	June 1, 2015

- 3) Create a plan to increase training on how to reduce number of guardianships.

Schedule presentation for staff by ORR on alternatives to guardianships and the role and scope of guardians.	Tracy Andrews	June 1, 2015
Schedule expert presentation at mini-conference on advocating for yourself on alternatives to guardianships.	Katie Deller and Windy Near	December 1, 2015
Implement Family Psychoeducation groups in all offices	Abbi Mankiewicz and Kim Silbor	December 1, 2015



PURPOSE

ACCOMPLISHMENTS in FY 2013-14

- Two new Recovery / Homeless Prevention Specialist positions were created and have been filled by Katie Deller and Windy Near.
- We created “Greeter” temporary assisted employment positions for Traverse House Clubhouse members at the entrance of our Traverse City office. People serving in this capacity have expressed how meaningful this job has been, and staff and visitors have shared that this has been a great addition.
- Mini-conferences have contained strategically important topics supporting our blueprint, such as health, wellness, and alternatives to guardianship, and have been accomplished through collaboration with community partners.
- Provide refresher trainings related to writing a self-directed and empowering IPOS.

WORK YET TO BE ACCOMPLISHED

- 1) Utilize a variety of venues (e.g., mini-conferences) to promote recovery in the community (including the variety of community activities available, and the development of skills and resources needed to participate).

Develop mini-conference agenda and invite community presenters for 2015.	Katie Deller and Windy Near	December 1, 2014
Schedule persons served to share stories with staff at January 2015 Recovery Leadership Day.	Katie Deller and Windy Near	December 1, 2014
Schedule quarterly Recovery Leadership Team meetings.	Joanie Blamer	December 1, 2014

- 2) Develop and implement a plan with a network of providers to give a wider range and variety of work and volunteer options and supports for persons served (including access to benefits specialists who have specific knowledge regarding Social Security and work incentives or disincentives).

Participate in existing community forum venues and/or hold a forum with community providers regarding volunteer opportunities and supports for persons served.	Katie Deller and Windy Near	July 1, 2015
Provide education and training opportunities for persons served on employability skills and expectations.	Signe Ruddy and Andy Ulrich	June 1, 2015
Provide education and training on self-employment and microenterprises.	Deb Freed and Joanie Blamer	June 1, 2015

- 3) Recruit persons served to take a lead in our recovery transformation (e.g., support groups, sharing their experiences) and meet regularly with them to support and nurture them.

Transform the Action Group to increase consumer attendance to 24 and provide consistent support and nurture to people who are volunteering.	Katie Deller and Windy Near	July 1, 2015
Offer photobiography classes in each office.	Kim Silbor & Abbi Mankiewicz	December 1, 2014
Reach out to include a consumer presentation or story in each Recovery Leadership Team meeting.	Joanie Blamer	January 1, 2015



COMMUNITY

ACCOMPLISHMENTS in FY 2013-14

- Club Cadillac members successfully collaborated with their Advisory Board and NLCMH administration to accomplish major renovations and remodeling.
- News Beginnings Drop-in Center in Prudenville has undergone a total makeover – renovation of the inside, the outside, and the members attending.
- We provided Mental Health First Aid to community members to help others know what to do to support people with mental illness.
- Participation in a lot of community events to promote services and anti-stigma, such as the Grayling Community Block Party, art shows, health fairs, suicide prevention events, and more.
- NLCMH was included in the regional disaster preparedness exercise for the first time in many years.

WORK YET TO BE ACCOMPLISHED

- 1) Strengthen current relationships and identify and build relationships with other community groups and organizations (partner) to support our recovery transformation and persons served (e.g., Veterans Administration and others).

Invite community partner representatives to Recovery Leadership meetings.	Joanie Blamer	January 1, 2015
Educate Continuum of Care members about our recovery Blueprint and opportunities to participate.	Katie Deller and Windy Near	June 1, 2015

- 2) Assist persons served to develop, initiate, strengthen, and maintain community connections and friendships.

Schedule monthly social outings at New Beginnings Drop In Center.	Pat Munsell	Ongoing
Schedule day events for New Beginnings and Kandu Island Drop-in Centers.	Pat Munsell	Ongoing
Obtain the supplies and the flowers and vegetables needed to plant the garden beds at Kandu Island.	Pat Munsell	Ongoing