

## A message from Karla Block

### Director of Community Services for the Developmentally Disabled



March marks the third stage in our programming shifts! To date, CSDD has successfully supported the Transitions Charlotte and Grand Ledge sites through their shifts to new services and community based supports. The Transitions St. Johns site is well underway to achieve their goals for community integration by the end of this month. Based on feedback from program leaders, staff have found it hard to support the building of new services while also closing out the old systems. To help in the successful shift for the St. Johns site, we've sent more staff and support to Clinton County to ensure that some of these demands can be addressed.

In addition to the ongoing work on the overall Transitions plan, some people have asked about taking the popular "On My Own" classes. On My Own is a life skills training program lead by Transitions staff. We are happy to let you know that we will be continuing to hold these classes for those who are hoping to boost their safety, community access, interpersonal skills, etc. At a recent training for Life Consultation case managers, staff from Disability Network – Capitol Area presented on similar coursework available through their organization as well. As Disability Network is a valued partner to CSDD, we encourage individuals and families interested in life skills training to look into these options. Information on classes can be found directly through Disability Network, or by asking the individual's case manager.

### What is Skill Building?

Skill Building services are used to help an individual in increasing their ability to participate in activities such as employment and/or volunteering. Services help prepare an individual for paid or unpaid employment. Activities included in this service include teaching concepts like self-help, socialization, attendance, task completion, problem solving, and safety as it relates to employment or volunteering.

As the Transitions sites are preparing to close and you have said you have an interest in participating in the new skill building service, a Skill Building Specialist will be contacting you to complete an assessment.

The purpose of the assessment is to explore your desire to participate in skill building. It will identify areas of strengths and areas where additional support is needed to learn the general skills of employment and volunteering.

The assessment tool is not used to determine eligibility to services. It is a tool used to guide how your future goals and objectives will be developed.

### Deciding which Services to Utilize

The Full-Life Level of Care (FLLOC) is a tool that is used by those requesting services such as CLS, Skill-Building, Residential Care, and Respite Care. As you think about having those services, it is important to walk through the FLLOC process to make sure you are given a true opportunity to participate in planning a full life. To start this process, go back to the basics, with an open mind, and think about what wants and interests you have.

#### Try asking yourself the following questions:

- Have you thought about things that you want to do like working or volunteering?
- What does working or volunteering mean to you?
- Do you want to learn more about working or volunteering?
- Have you ever talked to anyone who can explain your options to you?
- What needs do you have to be able to do what you want to do?
- You've identified a goal or interest. What does working toward that goal or exploring that interest look like or mean to you?
- If you identify barriers toward meeting some of your goals or interests, what needs to happen to overcome those barriers?

Take the ideas and thoughts you have when answering these questions to your case manager to start the Full-Life Level of Care and Person-Centered Planning processes.



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# HCBS COMMUNITY UPDATE NEWSLETTER

Issue 5 | March 2019



**Community**  
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General Administration  
 Office of CEO  
 812 East Jolly Road, Ste 216  
 Lansing, MI 48910

## Explore Resources from LifeCourse



The Charting the LifeCourse Framework was created BY FAMILIES to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to think about life experiences that will help move them toward an inclusive, productive life in the future.

**Core Belief:** All people have the right to live, love, work, play and pursue their life aspirations in their community.

Website: <https://www.lifecoursetools.com>

# Clinton, Eaton, and Ingham County Community Resources



## Lansing Parks & Recreation



Andy Schor, Mayor

Lansing Parks & Recreation provides over 550 recreation programs and events for citizens beginning at age 6 up through senior citizens and serves over 20,000 people annually. Find information about adapted aquatics classes, bowling, participation the Sports without Limits program, and other classes, activities, and recreation sites on their website or Facebook page.

Find more information about Lansing Parks & Recreation:

Website: <http://www.lansingmi.gov/parks>

Facebook: @LansingParksAndRecreation

Phone: 517-483-4277

## Eaton County Recreation Program

Also known as the “Tuesday Night Program” or the “Adult Handicap Program”, the Eaton County Recreation Program is run by the Eaton RESA. Participants can take part in activities like bingo, holiday dances, bowling, picnics, movies, pot-lucks, and more! New participants and volunteers must contact the program before attending.

Office: 517-541-8978  
 Chris Jones: 517-667-0060  
 E-Mail: [cjones@eatonresa.org](mailto:cjones@eatonresa.org)  
 Facebook/Adult H. Program



c/o Eaton RESA  
 1790 East Packard  
 Highway  
 Charlotte, MI 48813

## DeWitt YMCA



The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. The DeWitt YMCA has been a positive place for CMHA-CEI recipients in the DeWitt area. Members can participate in classes, activities, and use recreation centers. Also visit their Facebook page to see upcoming events and programs!

Dewitt YMCA  
 13161 Schave Rd  
 Dewitt, MI 48820

Website: <https://www.lansingymca.org/dewitt>  
 Facebook: @DeWittYMCA  
 Phone: 517-827-9660

# Clinton, Eaton, and Ingham County Community Resources



## Charlotte Aquatic Center

The Charlotte Aquatic Center is a community pool center for Charlotte and neighboring cities. It provides services such as open swim, swimming lessons and water aerobics. They offer 2 pools-- A ninety-one degree, warm water therapy pool and an eight-three degree large competition pool. Guest fee for open swim is \$4/person. Visit [www.swimcharlotte.org](http://www.swimcharlotte.org) for more info on programs, memberships and open swim times!

The Charlotte Aquatic Center has been a positive place for CMHA-CEI recipients in the Charlotte area. More information can also be found on their Facebook page at Charlotte Aquatic Center or <https://www.facebook.com/CharlotteAquaticCenter/>

1068 Carlisle Hwy  
Charlotte, MI 48813

Phone: 517-541-5740  
Email: [christd@charlottenet.org](mailto:christd@charlottenet.org)

## Eaton RESA



Eaton RESA provides support to districts and students with Individual Education Programs throughout Eaton County, regardless of the nature or severity of a child's disability. Eaton County's exceptionally trained staff is dedicated to addressing a wide range of needs. Services are provided to students from birth to twenty-six years of age.

Website: <https://www.eatonresa.org>  
Phone: 517.543.5500

Eaton RESA offers a full continuum of special education services within our local districts as well as a center-based program for Eaton County. Learn more about services Eaton RESA offers by visiting their website.

## Tri-County Office of Aging



Mission: "Our mission is to promote and preserve the independence and dignity of the aging population."

"At TCOA, we are part of the community. We serve our neighbors, friends and family members every day. To accomplish the agency's mission, we connect people who need help to service providers, volunteers, donors, businesses and governments throughout Eaton, Clinton and Ingham Counties and the Cities of Lansing and East Lansing."

Website: <https://www.tcoa.org/>  
Phone: 517-887-1440

To learn more about services that may be available to you or a family member, visit TCOA's website.