

EDITION
WINTER
2020-2021



Persons Point of View

Editor-In-Chief
Michael Shaw

Self-
Determination

Justin Henderson

Interview With
Blake Perry

Poetry Corner

How is Self-Determination and Self-Direction Different?

Self-Determination is the right of all people to have the power to make decisions for themselves; to have free will. The goals of Self-Determination, on an individual basis, are to promote full inclusion in community life, to have self-worth and increase belonging while reducing the isolation and segregation of people who receive services.

Self-Determination builds upon choice, autonomy, competence and relatedness which are building blocks of psychological wellbeing. Service delivery through Detroit Wayne Integrated Health Network (DWIHN) supports Self-Determination for all people who receive services. Self-Direction is a method for moving away from professionally managed models of supports and services. It is the act of selecting, directing, and managing ones services and supports. People who self-direct their services are able to decide how to spend their CMH services budget with support, as desired. The methods of Self-Direction is crafted with the principles of Self-Determination. DWIHN continues to partner with a Network Provider to oversee Self-Directed arrangements for their organization. However, DWIHN now has the processes in place to directly assist all people who receive services with setting up arrangements for Self-Direction of services through their current Supports Coordinator or Casemanager. Currently, DWIHN directly supports about 150 individuals who Self-Direct their services and are always excited to support more members through the process of Self-Direction. Lucinda Brown @ Lbrown@dwihn.org, Program Administrator for Self-Determination, is available to assist with all steps of setting up the arrangements to support Self-Direction.



BE KIND TO YOUR MIND

Written by the Department of Health and Human Services, Lansing, MI

Michigan Department of Health and Human Services (MDHHS) launches media campaign promoting free mental wellness counseling. The campaign acknowledges COVID-19 distress, and urges Michiganders “Be Kind to Your Mind”

Mental health experts at the MDHHS are launching a statewide media campaign this week urging residents to seek relief from COVID-19-related emotional distress by talking to a trained crisis counselor and learning about other help available.

The “Be Kind to Your Mind” campaign promotes the use of Michigan’s free, confidential Stay Well counseling line, and aims to combat stigma associated with seeking help for feelings of depression, anxiety, anger or loss – all common during a disaster like COVID 19.

The Stay Well counseling line debuted on May 13, and is staffed with crisis counselors 24 hours a day, seven days a week. Callers can access the line by dialing Michigan’s COVID-19 hotline at 888-535-6136 and pressing “8” at the prompt. The service is part of a federally funded grant program implemented by the MDHHS Behavioral Health and Developmental Disabilities Administration (BHDDA) in partnership with the Michigan State Police.

“Many of us are having a hard time right now,” said MDHHS Director Robert Gordon. “There should be zero shame and zero stigma –just honesty that can help each of us find our own inner strength. ‘Be Kind to Your Mind’ says you can talk about the strain from COVID with trained counselors who are available for free if you call 888-535-6136 and press 8, or visit Michigan.gov/StayWell.”

According to a recent online survey of 99,000 households conducted by the U.S. Census Bureau, more than one-third of American adults report symptoms of depressive and/or anxiety disorder—triple the rate reported in 2019.

Another survey conducted by the Centers for Disease Control in June found more than one in 10 U.S. adults had considered suicide in the past 30 days. That rate was more than double what was reported in 2019.

“Stay Well counselors help people understand their feelings and reactions during a disaster like the COVID-19 pandemic,” said psychiatrist Dr. Debra Pinals, MDHHS’ medical director for behavioral health. “While they are not licensed mental health professionals, they have undergone training provided by the federal Substance Abuse and Mental Health Services Administration on how to help people mentally rebound from disasters.”

Pinals said the Stay Well counselors are taught to listen, not judge, and help callers develop coping strategies, review their options and connect with agencies that may help them. All of this can reduce callers’ stress and improve their ability to endure the realities they face, she said.

According to a report prepared by the BHDDA grant team, callers to the Stay Well line are experiencing a range of emotions. They are anxious about contracting the coronavirus, having a loved one contract the virus and keeping their children and/or parents safe. They are discouraged about continued unemployment, worried about going back to work in an unsafe environment, and lonely due to lack of social interaction. Many callers expressed gratitude for being able to talk to someone who was objective and non-judgmental.

Language translation is available for non-English-speaking residents who call the counseling line.

“This service is one of the many steps MDHHS has taken to support the public’s behavioral health during these stressful and uncertain times,” said Allen Jansen, BHDDA senior deputy director. “COVID-19 has impacted most everyone’s mental health in one way or another, and we are hereto help.” To access other mental health resources for coping with the COVID-19 pandemic, visit Michigan.gov/StayWell.

DWIHN MEMBER SPOTLIGHT

JUSTIN HENDERSON

By Ron Henderson

Justin Henderson is my son. He is a very gifted 10 years old. He was born and raised in Detroit, Michigan, and at the tender age of 3, he developed a desire to express himself through painting. To date, Justin continues to add to his art collection. When he was 6 years old, he donated one of his pieces (Paraíso) to The Children's Center of Detroit. I later learned that the piece was a favorite and generated an extraordinary donation during one of the center's auctions.

COMMUNITY WORKSHOPS

Justin's work is also displayed at the Detroit Institute of Arts where he participated in monthly children's workshops before COVID-19. He shows his appreciation for giving back to the community by working shoulder to shoulder alongside his dad volunteering at numerous Community Outreach Organizations, and Community Health Fairs in association with DWIHN where his dad served as an Ambassador. His volunteer spirit has been recognized by school administrators, for his participation in school fundraisers, and making monetary contributions to his school for field trips.



**Ron Henderson (L), and son,
Justin Henderson (R)**

HOBBIES/INTERESTS

Justin likes to play chess, board games, video games, singing, public bible reading, taking nature hikes, creating 3D graphics, poetry, traveling, and of course "Fun Fridays" with his dad.

Most recently Justin spent a portion of his "Fun Fridays" helping distribute food to those in need. After doing so, he said "Work makes you happy. Happiness is like medicine because it makes you forget about sickness."

He strongly believes in the importance of honesty, generosity, loyalty, and showing genuine compassion toward all people. These moral attributes stem from the Spiritual principles that he has learned from his father who is a Minister.

His dad helps him stay focused during the pandemic by keeping him involved in arts and crafts, spiritual education videos, and audios found online.

Justin's poem "What Can Kindness Do?" featured here was part of a school project in his ELA class, and because of the bad things going on in the world, he chose to write about Kindness as seen through his eyes. Yes, a little kindness, even from a little person, can make a BIG impression. What an inspiration to us all. You can find more of Justin's work on the link below.

<https://community.networkofcare.org/members/Justice4Justin/default.aspx>

I want to thank Detroit Wayne for recognizing his talents and supporting his development. See Justin's work on Page 9.



BE THANKFUL FOR WHAT YOU HAVE!

By Michael Shaw

Often, we look around and only see what we don't have. We are envious of others, wishing we had won that big lottery jackpot, were the sons or daughters of royalty, or had been one of the so called "fortunate few" who were born with a silver spoon. We look at problems as burdens, seeing them as insurmountable obstacles in the way of us having a happy life. As the holidays approach and we deal with the challenges posed by COVID-19, maybe this is a good time to live in the moment and be thankful for what we have. The saying that "tomorrow is not promised to you" really hits home in this time when sudden death is around us and is a very real possibility. If you have a place to stay, food to eat, and maybe a job, you are one of the very fortunate. At home and around the world, people are dealing with challenges to their very livelihood. Nevertheless, there are opportunities out there. If you have free time on your hands, you can exercise, read, learn a new discipline, obtain a skill, improve your relationships with others, start new relationships, etc. If you are having problems in your life right now, remember hope is always there. "If life give you lemons, make lemonade."

IMPORTANT OPINIONS!

The Election 2020 By Blake Perry (Interview with Michael Shaw)



Blake Perry

- 1) Mike Shaw: What did you do to organize or promote voting this year?
Blake Perry: I did a voters training and I attended a "Walk A Mile In My Shoes" afterparty and supported my state rep by holding a campaign sign for him (Kevin Coleman) who was running for reelection.

- 2) Mike Shaw: Do you think the election reflected the will of the people?
Blake Perry: Yes, I think that people were upset with the things that were going on, the riots, and they used their voice to create better change.

- 3) Mike Shaw: Are you doing anything currently with respect to voting or politics?
Blake Perry: Yes, I'm getting ready for my local Westland elections.

- 4) Mike Shaw: What do you want to see happen going forward?
Blake Perry: I think it should be the same process. If something isn't right, they should repeat the process and vote.

- 5) Mike Shaw: Anything else?
Blake Perry: People should reach out to their elected officials and make changes that way.



S.O.U.L.S. CHAT

SUPPORTIVE, OUTREACH, UNDERSTANDING, LIFE-SITUATIONS

FAITH TALK MONDAYS

STARTING 9/14/20

6:30P-7:30P

BlueJeans App

Meeting ID: 415 831 832

Passcode: 2016

Dial in: 408-915-6290



CASUAL TALK

WEDNESDAYS

6:00P - 7:30P

BlueJeans App

Meeting ID: 415 831 832

Passcode: 2016

Dial in: 408-915-6290

[CLICK HERE & GET CONNECTED](#)

Alicia Oliver MSN, BSN, BS, RN



IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Poetry Corner

Kindness

By Justin Henderson
To: My Friend Ms. Vet, 10-22-2020



What Can Kindness Do?

Kindness...It's Kind, It's Loving, we could go
on but...are you kind?
Kindness breaks hate.
Do you have hate?
Love is kindness
If we show kindness to someone
that means that we love that person
That's why we show kindness to that person
Do you not just love one person, but
everybody?
I can tell you...you will make the world the
best place ever!!

It Isn't Over...

By Mary Ann Bozenski

Never give up
No matter how bleak it feels
Time will go by
And things will get better
If you don't wait and see
You'll miss out on your whole life
You could be on the verge of turning the corner
If not into happiness
At least a relief from the pain
God put us on this earth to survive
And do the best we can
He wants us to stay around
To help others
And to help ourselves
Together we can do this
You don't have to struggle on your own
Life can be beautiful
If you only take the time to see what can be
And not give in to the sorrow and the pain
That invites itself in from time to time
Nothing is forever
This too, shall pass
And when it does
You'll be glad
You stayed around for the next act
When that final curtain comes down
It will be at the right time
Not ahead of schedule
And your life will be complete
No looking back
No regrets
It will be what it was meant to be
And for that we will be grateful

Members' Rights

Our Area of Responsibility	Members' Rights	For More Details, Contact us at:
Provider Directory	<ul style="list-style-type: none"> To receive a copy of the Provider Directory at the time of enrollment, upon intake, annually and/or upon request To request a copy to be mailed to you at your mailing address or by email 	http://dwihn.org/files/7115/6986/6624/2020_Provider_Directory.pdf 888-490-9698 800-6301044 (TTY)
Claim Status	<ul style="list-style-type: none"> To track the status of your claims in the claims process 	http://dwihn.org/operations/managed-care-operations-mco/claims/ 313-833-3232
Estimated Cost of Services	<ul style="list-style-type: none"> To know the Estimated Cost of Services (ECS) for the services identified in your IPOS within 15 business days of your IPOS Meeting and when your IPOS has been changed To receive an Explanation of Benefits (EOB) and request it at any time 	http://dwihn.org/files/4114/5936/3409/DWM_HA_Provider_Manual.pdf 888-490-9698
Notice of Privacy Practices	<ul style="list-style-type: none"> To have DWIHN protect and secure all of your health care information that we have created or received about your past, present, or future health care or condition, or health care we provide to you, or payment 	http://dwihn.org/library/hipaa-notice-and-policies/
Fraud, Waste, and Abuse (FWA)	<ul style="list-style-type: none"> To report fraud, waste, or abuse within the DWIHN's behavioral healthcare system to DWIHN to be investigated 	http://dwihn.org/files/2015/6458/3594/Fraud - Waste and Abuse Policy.pdf 313-833-3502 or email compliance@dwihn.org
Utilization Management Decision Making	<p>All DWIHN staff, all Crisis Service Vendors and Access Center practitioners and employees who make Utilization Management decisions understand the importance of ensuring that all consumers receive clinically appropriate, humane and compassionate services of the same quality that one would expect for their child, parent or spouse by affirming the following:</p> <ul style="list-style-type: none"> Utilization Management decision making is based only on appropriateness of care, service, and existence of coverage. DWIHN, Access Center, and Crisis Service Vendors, do not reward practitioners or other individuals for issuing denials of coverage or service care. No Physicians nor any other staff making UM decisions are rewarded for issuing denials of coverage or service or reducing the provision of care which is deemed medically necessary. Follow all MDHHS procedures for the <i>required</i> annual Medicaid enrollment and inform DWIHN of any changes in insurance status. 	http://dwihn.org/operations/utilization-management/

Enrollee Rights and Responsibilities

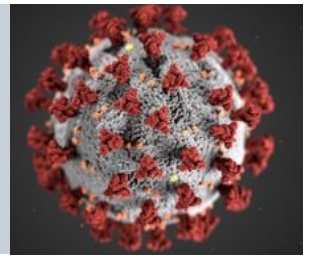
We are committed to maintaining a mutually respectful relationship with our members and providers. The DWIHN Members' Rights and Responsibilities statement is provided to assist you in understanding and exercising your rights while accessing behavioral health care services in Detroit-Wayne County. This statement helps to minimize potential misunderstandings and promote compliance with all applicable statutory and regulatory requirements. Understanding your rights and responsibilities will help you to make informed decisions about your healthcare.

For more information, please refer to the DWIHN Member Handbook. If you need one, please contact customer service at 313-833-2500, or visit www.dwihn.org.



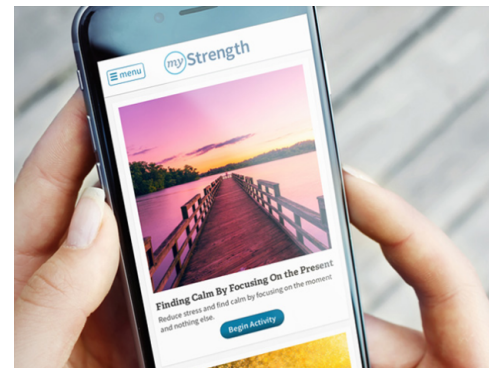
Note: All DWIHN staff, the Access Center, and Service Provider employees shall acknowledge, uphold and demonstrate knowledge of the above enrollee rights and responsibilities.

The Detroit Wayne Integrated Health Network is doing everything it can to communicate accurate information to its Members, Providers and the Community in the wake of the COVID-19/Coronavirus Pandemic. Please visit our website at www.dwihn.org for timely updated information.



Sign Up Today!

1. Visit www.myStrength.com.
2. Click “Sign Up.”
3. Enter Access Code: **DWIHNc**
4. Complete the myStrength sign-up process
5. Download the myStrength app for iOS and Android



Detroit Wayne Integrated Health Network
707 W. Milwaukee Ave.
Detroit, MI 48202

Hours of Operation: 8 am - 4:30 pm

Customer Service: (313) 833-2500

Main: (313) 344-9099

TDD: (800) 630-1044

Fax: (313) 833-2156

24-Hour HelpLine: (800) 241-4949

www.dwihn.org

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In accordance with reporting requirements for the Detroit Wayne Integrated Health Network, below is a list of providers and programs that have either closed or been terminated since October 15, 2020

Provider Name	Home/Business	Address	Closed Date
Asanpee Care, Inc.	Belton Home	415 Belton, Garden City, MI 48135	10/15/2020
Quest Services	Belair Home	279 Church, Belleville, MI 48111	11/4/2020
Comfort Care Homes	Comfort Care Home - Residential	742 Southfield Rd., Lincoln Park, MI 48146	11/12/2020
Westbrook SIL		381 Yorkshire Blvd # 101, Dearborn Heights, MI 48127	11/20/2020
We Care Homes	We Care Corbett, We Care Lappin	14306 Corbett, Detroit, MI 48213	11/27/2020
Community Choices, Inc.	Ellen II Home - Residential	33800 Hathaway, Livonia, MI 48159	11/30/2020
Community Choices, Inc.	SEC - Outpatient - Supportive Employment/ Skill Building Programs	6528 Commerce, Westland, MI 48185	11/30/2020
Community Administrative Services	Lakepointe Home - Residential	615 Lakepointe, Grosse Pointe Park, MI 48236	11/30/2020
Community Administrative Services	Country Club Home	20688 Country Club, Harper Woods, MI 48225	12/15/2020
UPAC Detroit site	Detroit Autism Site	14501 Woodward, Detroit, MI	12/15/2020
Starfish Family Services	Temporary closing intake for IDD intake until 12/31/2020		12/31/2020
Paragon Support Systems	Paragon Support Systems	2101 Grove Street, Wyandotte, MI 48192	TEMP Closed <u>ONLY</u> for In-Person Skill Building Services. Status Updated Monthly