CMH for Central Michigan

Provider Network Handbook

FY 2019

10/01/2018 – 09/30/2019
Dear Network Providers:

Welcome to Community Mental Health for Central Michigan (CMHCM). We are excited to be able to offer this Provider Network Handbook. All providers and organizations under contract with CMHCM for provision of services have the obligation to maintain provider network performance standards as required in the provider contracts.

This handbook contains resources that will assist you in meeting the CMHCM contractual requirements as well as the standards established by Mid-State Health Network (MSHN) and the Medicaid Provider Manual.

Community Mental Health for Central Michigan staff will communicate any changes that may be of a concern to providers through our website, e-mail, provider meetings, and phone communication. This information can also be obtained from CMHCM's website at www.cmhcm.org

**Provider Network Handbook Contents**

1. Contact Information
2. Website Information
3. Medicaid requirements
4. Site Review Process
5. Event Verification Audits
6. Home and Community Based Service (HCBS): Residential & Non-Residential Providers
7. CIGMMO
8. Quality: Satisfaction Questionnaire
9. Safety Center: Suggestions, Common Controlled Substances, Contingency and Emergency Shelter plans
10. Required Postings: Recipient Rights, Whistleblower’s Protection Act, Reporting Abuse & Neglect
11. Provider Recognition Program
12. Training Requirements
1. **Contact Information**

**CMHCM Offices: Phone/Fax Numbers and E-mails:**

- Customer Service: 800-317-0708 or 989-772-5938
- Recipient Rights: 989-772-5938 or 989-631-2320
- Michigan Relay 711 (telecommunication assistance for speech or hearing-impaired)
- Clare County Center: 989-539-2141 Fax: 989-539-2143
- Gladwin County Center: 989-426-9295 Fax: 989-426-2251
- Isabella County Center The George Rouman Center: 989-772-5938 Fax: 989-775-7701
- Summit Clubhouse: 989-317-3330 Fax: 989-779-3237
- Mecosta County Center: 231-796-5825 Fax: 231-796-2409
- New Journey Clubhouse: 231-592-4654 Fax: 231-592-4657
- Midland County Center: 989-631-2320 Fax: 989-613-9214
- Osceola County Center: 231-832-2247 Fax: 231-832-3281
- Provider questions regarding deadline, payment, or use of CIGMMO to submit claims: payables@cmhcm.org
- Provider questions regarding contracts, event verification, site reviews, provider recognition: providernetwork@cmhcm.org
- Questions for Customer Service should be sent to customerservice@cmhcm.org
- Questions for Information Systems should be sent to helpdesk@cmhcm.org

**CMHCM Provider Network Team - (989) 772-5938:**

- Provider Network Manager: Tonya Lawrence tlawrence@cmhcm.org, ext. 1312
- Provider Network Specialist: Sarah Gauthier sgauthier@cmhcm.org, ext. 1314
  - Authorizations, Contract questions or issues
- Provider Network Monitor: Karen Bressette kbressette@cmhcm.org, ext. 1469
  - Site Reviews, Training
- Provider Network Monitor: Debbie Bauman dbauman@cmhcm.org, ext. 1257
  - Provider Agency Event Verification
- Provider Network Monitor: Jennifer Dunlop jdunlop@cmhcm.org, ext. 1224
  - Self-Determination Event Verification
- Provider Network Secretary: Cindi Saylor csaylor@cmhcm.org, ext. 1279
2. **Website Information**

Community Mental Health for Central Michigan encourages providers to check our website [www.cmhcm.org](http://www.cmhcm.org) on a regular basis. The website section for providers is designed to communicate, inform and assist you in providing quality care and services.

<table>
<thead>
<tr>
<th>Provider Directory</th>
<th>Quality Reports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider Manual</td>
<td>MDHHS Rights Handbook</td>
</tr>
<tr>
<td>CIGMIMO Information</td>
<td>Contingency Plans for Emergencies</td>
</tr>
<tr>
<td>CenTrain</td>
<td>CMHCM Mission</td>
</tr>
<tr>
<td>Training Reciprocity Guidelines</td>
<td>Organizational Charts</td>
</tr>
<tr>
<td>Choice Voucher Agreement Resources</td>
<td>Board Members</td>
</tr>
<tr>
<td>Provider Network Meeting Minutes</td>
<td>Board Meeting Schedule</td>
</tr>
<tr>
<td>Annual Report</td>
<td>Mental Health Topics</td>
</tr>
<tr>
<td>Employment Opportunities</td>
<td>Resource Materials</td>
</tr>
<tr>
<td>Locations/Phone Numbers</td>
<td>Contract provider Forms</td>
</tr>
<tr>
<td>Provider Choice Listing</td>
<td>Frequently Asked Questions</td>
</tr>
</tbody>
</table>

3. **Medicaid Requirements**

CMHCM is part of the Mid-State Health Network (MSHN) affiliation. MSHN is a Prepaid Inpatient Health Plan (PIHP) which is a term contained in federal regulations from the Centers for Medicare & Medicaid Services. It means an entity that 1) provides medical services to enrollees under contract with the state Medicaid agency on the basis of prepaid capitation payments, 2) includes responsibility for arranging inpatient hospital care, and 3) does not have a comprehensive risk contract. The MSHN website can be accessed at this link: [www.midstatehealthnetwork.org](http://www.midstatehealthnetwork.org)

Effective January 1, 2014, Michigan formed ten (10) PIHPs, responsible for managing the Medicaid resources for behavioral health and intellectual/developmental disabilities services for Medicaid and Healthy Michigan enrollees.

The Centers for Medicare & Medicaid Services (CMS) have very specific requirements for providers who deliver a Medicaid funded service. The links below will assist you in knowing and understanding the requirements for the service you provide.


Medicaid Provider Manual

Michigan PIHP/CMHSP Provider Qualifications per Medicaid Services & HCPCS/CPT Code

PIHP/CMHSP Encounter Reporting HCPCA and Revenue Codes can be accessed at [www.cmhcm.org](http://www.cmhcm.org) > provider tab > links
4. **Site Review Process**

Site reviews are conducted for all providers on an annual basis (or more frequently if needed) as a means of measuring and monitoring these performance standards. Please refer to the Provider Network Manual, Section 500 – Monitoring and Profiling for the complete policy and process on Site Reviews:

www.cmhcm.org > Provider tab > Policies and Procedure/Provider Network Manual > Chapter 5 > Section 500.001 General Guidelines and 500.002 Provider Site Review

The results of this review include findings from the site visit, recommendations for improvement, and, if indicated, request a plan of correction to improve care or services. Results from site reviews will be compiled by CMHCM staff and reported on a regular basis to the agency Performance Improvement Committee (PIC). A written report is sent to the provider. Provider performance reports are available for review by individuals, families, advocates, and the public.

If a deficiency is noted, a Corrective Action Plan (CAP) is required. All Plans of Correction will require an unannounced follow up visits or evidence of compliance must be provided within 60 days to assure that CMHCM providers meet established standards.

If a CMHCM provider receives a provisional license or concerns are noted with Special Investigations an additional site review may be conducted.

5. **Event Verification Audits**

Providers may be reviewed annually. The Provider Network Monitor is responsible for conducting the Event Verification audits for CMHCM. The Event Verification process includes monitoring provider compliance with agency, state, federal, and accreditation standards.

A Provider Network Monitor can also give consultation and technical assistance to service providers regarding contractual terms, service documentation, and claims submission requirements.

Please refer to the Provider Network Manual, Section 500 – Monitoring and Profiling for the complete policy and process on Event Verification.

www.cmhcm.org > Provider tab > Policies and Procedure/Provider Network Manual > Chapter 5 > Section 500.01 General Guidelines and Section 500.003 Event Verification

**Event Verification Process:** Every month a random selection of claims are identified for each provider from services previously billed.

The Provider Network Monitor will request documentation to support the claims that have been randomly selected. The CMHCM Provider Service Documentation Requirements attachment to your contract lists the expected documentation for each service.

In addition, verification is needed that the individual providing the service being reviewed was fully trained at the time of the service. Items that may be requested include:
• Date of Hire
• Copy of Photo ID
• Initial Criminal Background Check
• Annual Criminal Background Check
• Copy of TB Test
• Initial Recipient Rights Check
• Annual Recipient Rights Check
• Initial Recipient Rights training
• Recipient Rights Refresher
• Recipient Rights Info Log
• Corporate Compliance
• Consumer specific PCP Training
• Person Centered Plan Training
• Introduction to the Role of Direct Support Professional
• HIPAA
• Limited English Proficiency
• Cultural Competency/Diversity
• CPR/First Aid Certificate or Card
• Infection Control/Blood Borne Pathogens Training
• Safety & Fire prevention Training
• Sensitivity Training: Hearing Loss
• Trauma Informed Care Training
• Medication Administration Training
• Health Interventions
• Positive Approaches/Crisis Intervention
• Behavior Technician Certificate (Providers of Autism Services only)

Items requested will vary depending on the service provided and in what setting. Training requirements for each setting can be found in the MSHN Minimum Training Requirements attachment to your contract as well as in the training manual.

If findings are made during the Event Verification process, the provider will be asked to complete a Corrective Action Plan and return it within 30 days.
For all service documentation, the interventions provided by support staff **MUST** be identified in the consumer’s Individualized Plan of Service and relate to a goal or objective. If you are currently maintaining documentation for the below services, please contact CMHCM Contracts to determine whether your documentation meets all necessary elements to be approved ongoing.

If you have any questions regarding documentation, please speak with our Provider Network Specialist or Provider Network Manager.

---

**All service documentation must:**

- Be sufficiently detailed to allow reconstruction of what transpired for each service billed
- Be signed and dated by the individual providing the service
- Have a start and stop time documented (for 15 minute unit services)

<table>
<thead>
<tr>
<th>HCPC Code</th>
<th>HCPC Description</th>
<th>Required Documentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>H0031</td>
<td>Mental Health Assessment, by Non-Physician</td>
<td>Psychosocial Assessment</td>
</tr>
<tr>
<td>H0032</td>
<td>Mental Health Service Plan Development by Non-Physician</td>
<td>PCP Pre-Planning Note, Person/Family Centered Plan, Addendum to Person/Family Centered Plan (if completing an update), Action Notice Medicaid <em>(now: Notification of Benefit Determination - Medicaid)</em>, Action Notice Non-Medicaid <em>(now Notice of Benefit Determination - Non-Medicaid)</em>, PCP Training Record</td>
</tr>
<tr>
<td>H0043</td>
<td>CLS, Per Diem</td>
<td>CLS Progress Note</td>
</tr>
<tr>
<td>H2014</td>
<td>Skills Training and Development, per 15 min</td>
<td>Skill Building Note</td>
</tr>
<tr>
<td>H2015</td>
<td>Comprehensive Community Support Services, per 15 min</td>
<td>CLS Progress Note</td>
</tr>
<tr>
<td>Code</td>
<td>Service Description</td>
<td>Options</td>
</tr>
<tr>
<td>--------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| H2016  | Comprehensive Community Support Services, per Day                                    | **Option 1** “Specialized Residential Daily Data” and “Specialized Residential Progress note without Daily Data”  
**Option 2** “Specialized Residential Progress Note Form A”  
**Option 3** “Specialized Residential Progress Note Form B” |
| H2023  | Supported Employment, per 15 min                                                     | Supported Employment Progress Note                                                               |
| INDTR  | Non-Emergency Transportation Services                                               | Transportation Log                                                                               |
| T1016  | Supports Coordination, Each 15 Minutes                                               | CIGMMO Progress Note                                                                             |
| T1017  | Targeted Case Management, Each 15 Minutes                                            | CIGMMO Progress Note                                                                             |
| T1020  | Personal Care Services, Per Diem, Not for an Inpatient                               | **Option 1** “Specialized Residential Daily Data” and “Specialized Residential Progress note without Daily Data”  
**Option 2** “Specialized Residential Progress Note Form A”  
**Option 3** “Specialized Residential Progress Note Form B” |
| T2015  | Pre-Vocational Services                                                              | Pre-Vocational Services Progress Note                                                             |
| T2023  | Targeted Case Management Services - Child Waiver                                     | CIGMMO Progress Note                                                                             |
DOCUMENTATION OF SERVICES:

- CLS Progress Note: (one-page note) (two-page note for 2-sided printing)
- Out-of-Home Non-Vocational Habilitation (HAB) Progress Note:
  - (fillable version) (handwritten version)
- Pre-Vocational Service Progress Note: (fillable version) (handwritten version)
- Skill-Building Progress Note: (fillable version) (handwritten version)
- Supported Employment Progress Note: (fillable version) (handwritten version)
- Therapeutic Behavioral Service Progress Note: (fillable version) (handwritten version)
- Transportation: Transportation Log/Mileage Report

UPLOADING DOCUMENTATION TO CIGMMO:

1) Click Consumer Chart.

2) Search for Consumer.

Please type in consumer's last name and first initial and press SEARCH to locate the consumer. You may wish to use a partial name if you are not sure about the spelling.

If you cannot find the consumer by name, you may type in any other available data to locate the consumer.

3) Click either the CLS Documents link or Vocational Services link.
4) Click Add CLS Document or Add Vocational Services, depending on what link you clicked above.

Entering is exactly the same for both. Anywhere the below examples say CLS Document, you can substitute Vocational Services if that is what you are working on.

5) Enter Date of the Document, Upload/Scan Document, enter any notes, and click Save and Continue to Send Copy to.

6) Send Copy to a staff member, if deemed clinically necessary. Click Save and Continue to Signatures.

7) Click Save.
6. **Home and Community-Based Services (HCBS)**

**Home and Community-Based Services Program Transition**

On March 17, 2014, the Centers for Medicare and Medicaid Services published a new set of rules for the delivery of Home and Community Based Services through Medicaid waiver programs. Through these rules, the Centers for Medicare and Medicaid Services aim to improve the experience of individuals in these programs by enhancing access to the community, promoting the delivery of services in more integrated settings, and expanding the use of person-centered planning.

This rule applies to both Residential and Non-residential Service providers. The HCBS surveys and the link below will assist providers in achieving compliance with the rule. All new providers to the CMHCM Provider Network must demonstrate compliance with the rule.

Home and Community Based Services Transition link:

[http://www.michigan.gov/mdhhs/0,5885,7-339-71547-2943-334724--.00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547-2943-334724--.00.html)

This link contains information on the following:

- Statewide and Individual Waiver Transition Plan
- Survey Tools and process
- Remediation and On-going Compliance
- Summary of Resident Rights
- MDHHS/LARA Joint Guidance Document
- HCBS readiness Tool Kit for Residential and Non-Residential Providers
- HCBS Heightened Scrutiny Flow charts for institution & Isolation
- HCBS Heightened Scrutiny Process
Community Mental Health for Central Michigan

HCBS Non-Residential Provider Survey

Name of Setting or Location:


Provider:

Section 1: Provider Background/Type of Setting

☐ Out-of-Home Non-Vocational
☐ Supported Employment
☐ Skill Building
☐ Pre-Vocational Services
☐ Community Living Supports (CLS)

Section 2: Physical Location and Operations of Service Providers

A. Will the individual’s services (Skill Building, Supported Employment, Community Living Supports Prevocational, and Out-of-Home Non-Vocational) be delivered in a setting that is separate from a hospital, nursing home, intermediate care facility or institute for mental health treatment?

☐ Yes
☐ No

B. Will the individual’s services (Skill Building, Supported Employment, Community Living Supports Prevocational, and Out-of-Home Non-Vocational) be delivered in a setting that is separate from a residential school or child caring institution?

☐ Yes
☐ No

C. Will individuals receive services and supports (Skill Building, Supported Employment, Community Living Supports Prevocational, and Out-of-Home Non-Vocational) within their community?

☐ Yes
☐ No

SURVEY

Section 3: Policies and procedures are in place that reflects the following:

☐ The setting provides opportunities for regular meaningful non-work activities in
integrated community settings for the period of time desired by the individual

☐ The setting affords opportunities for individual schedules that focus on the needs and desires of an individual and an opportunity for individual growth

☐ The setting affords opportunities for individuals to have knowledge of or access to information regarding age-appropriate activities

☐ The setting allows individuals the freedom to move about inside and outside of the setting as opposed to one restricted room or area within the setting.

☐ The setting in the community/building is located among other residential buildings, private businesses, retail businesses, restaurants, doctor’s offices, etc., that facilitates integration with the greater community

☐ The setting encourages visitors or other people from the greater community

☐ Employment settings provide individuals with the opportunity to participate in negotiating his/her work schedule, break/lunch times and leave and medical benefits with his/her employer to the same extent as individuals not receiving Medicaid funded HCBS?

☐ In settings where money management is part of the service, does the setting facilitate the opportunity for individuals to have a checking or savings account or other means to have access to and control his/her funds

☐ The setting provides individuals with contact information, access to and training on the use of public transportation, such as buses, taxies, etc., and are these public transportation schedules and telephone numbers available in a convenient location?

☐ The setting assures that tasks and activities are comparable to tasks and activities for people of similar ages who do not receive HCB services

☐ The setting is physically accessible, including access to bathrooms and breakrooms, and appliances, equipment, and tables/desks and chairs are at a convenient height and location, with no obstructions such as steps, lips in a doorway, narrow hallways, etc., limiting individuals’ mobility in the setting

Section 4: The setting is selected by the individual from among setting options including non-disability specific settings. Policies and procedures are in place that reflects the following:

☐ The setting reflects the individual’s needs and preferences and its policies ensure the informed choice of the individual
The setting options offered include non-disability-specific settings, such as competitive employment in an integrated public setting, volunteering in the community, or engaging in general non-disabled community activities such as those available at a YMCA.

The setting options include the opportunity for the individual to choose to combine more than one service delivery setting or type of HCBS in any given day/week.

Section 5: The setting ensures an individual’s right of privacy, dignity and respect, and freedom from coercion and restraint. Policies and procedures are in place that reflects the following:

- All information about individuals is kept private.
- The setting supports individuals who need assistance with their personal appearance to appear as they desire.
- Personal assistance is provided in private, as appropriate.
- The setting assures that staff interact and communicate with individuals respectfully and in a manner in which the person would like to be addressed.
- Policies of the setting require that staff do not talk to other staff about an individual(s) in the presence of other persons or in the presence of the individual as if s/he were not present.
- The setting has policies that require the individual and/or representative grant informed consent prior to the use of restraints and/or restrictive interventions and document these interventions in the person-centered plan (modifications to the rule).
- The setting has policies that ensure that each individual’s supports and plans to address behavioral needs are specific to the individual and not the same as everyone else in the setting.
- The setting offers a secure place for the individual to store personal belongings.

Section 6: The setting optimizes but does not regiment individual initiative, autonomy and independence in making life choices; including, but not limited to daily activities, physical environment, and with whom to interact. Policies and procedures are in place that reflects the following:

- Policies prohibit gates, Velcro strips, locked doors, fences, or other barriers that prevent individuals’ entrance to or exit from certain areas of the setting.
- The setting affords a variety of meaningful non-work activities that are responsive to the goals, interests and needs of individuals.
The physical environment supports a variety of individual goals and needs

The setting affords opportunities for individuals to choose with whom to do activities in the setting or outside the setting

The setting allows for individuals to have a meal/snacks at the time and place of their choosing

The setting provides information on individual rights

The setting does not prohibit individuals from engaging in legal activities

The setting affords the opportunity for tasks and activities matched to individuals’ skills, abilities and desires

Section 7: The setting facilitates individual choice regarding services and supports and who provides them. Policies and procedures are in place that reflects the following:

Individuals are provided a choice regarding the services, provider, and settings, and the opportunity to visit/understand the options

The setting affords individuals with the opportunity to regularly and periodically update or change their preferences

The setting ensures individuals are supported to make decisions and exercise autonomy to the greatest extent possible

Setting policies ensure the individual is supported in developing plans to support her/his needs and preferences

The setting provides information to individuals about how to make a request for additional HCBS or changes to their current HCBS
Community Mental Health for Central Michigan

HCBS Residential Provider Survey

Name of Setting or Location: __________________________________________________________

Provider: ________________________________________________________________________

LOCATION

Section 1: Provider Background of Residential Living Supports

☐ Specialized residential home
☐ Living in a private residence
☐ Adult Foster Care home

Section 2: Physical Location and Operations of Service Providers

Note: If the response to any of these questions is “No” your setting may require Heightened Scrutiny and is not eligible for provisional approval.

A. Is the setting separate from, outside of the building, and off the grounds of a hospital, nursing home, Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID), or Institute for Mental Disease (IMD)? See definitions below.
   ☐ Yes
   ☐ No

B. Will residents receive services and supports within the community rather than bringing these services and supports to the setting?
   ☐ Yes
   ☐ No

C. Is the residence outside of a building and off the campus of an education program, school or child caring institution?
   ☐ Yes
   ☐ No

SURVEY

Section 1: Community Integration of Residential Setting

☐ Individuals live and/or receive services and supports in a setting where there is regular (more than once per week) opportunity for contact with people not receiving services
☐ The residence allows friends and family to visit without rules on hours or times

Section 2: Individual Rights within Residential Setting

☐ Each individual will have a lease or residential care agreement for the residential setting
☐ The lease will explain how a discharge happens and what to do
☐ Individuals are provided with information on how to request new housing
☐ Information about filing a complaint is posted in a way individuals can understand and use
☐ Individuals will receive information regarding who to call to file an anonymous complaint

Policies in place require that the staff talk about individuals’ personal issues in private only

Policies are in place to ensure individuals have access to their personal funds

Policies are in place to ensure individuals have control over their personal funds

Individuals have a place to store and secure their belongings away from others

☐ Do individuals pick the agency that provides their residential services and supports?
☐ Do individuals pick the direct support workers (direct care workers) who provide their services and supports?
Individuals can change their services and supports as they wish
Individuals are allowed to participate in legal activities, i.e. voting etc.

**Section 3: Individual Experience within Residential Setting (Part A)**
- Individuals have the option of having their own bedroom if consistent with their resources
- Individual can pick their roommate(s)
- Individuals can close and lock their bedroom door
- Individuals can close and lock their bathroom door
- *Policies are in place* to ensure staff ask before entering individuals' living areas (bedroom, bathroom)
- *Policies are in place* to ensure individuals choose what they eat
- *Policies are in place* to ensure individuals choose to eat alone or with others
- *Policies are in place* to ensure individuals have access to food at any time
- *Policies are in place* to ensure individuals can choose what clothes to wear
- *Policies are in place* to ensure individuals have access to a communication device
- *Policies are in place* to ensure individuals use the communication device in a private place
- The inside of the residence is free from cameras, visual monitors, or audio monitors
- Policies ensure if an individual needs help with personal care, the individual receives this support in privacy
- Policies ensure individuals (with or without support) arrange and control their personal schedule of daily appointments and activities (e.g. personal care, events, etc.)

**Section 4: Individual Experience within Residential Setting (Part B)**
- *Policies are in place* to ensure individuals have full access to the Kitchen
- *Policies are in place* to ensure individuals access the kitchen at any time
- *Policies are in place* to ensure individuals have full access to the dining area
- *Policies are in place* to ensure individuals have access the dining area at any time
- *Policies are in place* to ensure individuals have full access to the laundry area
- *Policies are in place* to ensure individuals have full access to the comfortable seating area
- *Policies are in place* to ensure individuals have access to the comfortable seating area at any time
- *Policies are in place* to ensure individuals have full access to the bathroom
- Individuals can access the bathroom at any time
- *Policies are in place* ensure there is space within the home for individuals to meet with visitors and have private conversations
- *Policies are in place* ensure individuals choose to come and go from the home when they want
- *Policies are in place* ensuring individuals move inside and outside the home when they want?
The home is physically accessible to all individuals
- *Policies are in place* ensuring individuals can reach and use the home's appliances as they need?
- *Policies are in place* to ensure the home is free of gates, locked doors, or other ways to block individuals from entering or exiting certain areas of their home?
- Accessible transportation is available for individuals to make trips to the community
- Individuals have a way to access the community where public transit is limited or unavailable
7. **Quality: Satisfaction Questionnaire**

CMHCM providers must demonstrate efforts to improve the quality of care/services and maintain a fully operational internal quality improvement program. Please refer to the Provider Network Manual for more information. The program must include a satisfaction process. A sample questionnaire is below or you may develop your own form based on the care and services you provide.

*See next page for an example Satisfaction Questionnaire*
Satisfaction Questionnaire

Date: ___________________________  Provider: ________________________________________________

Please return this questionnaire to: __________________________________________________________

At the following address:  ________________________________________________________________

No later than: ________________________________

Do you feel that the home provides quality care and services?  
Yes  No
Comments/suggestions?

Do you feel there is a need for services/care that is not being met?  
Yes  No
Comments/suggestions?

Are you happy with the home staff?  
Yes  No
Comments/suggestions?

Are you satisfied with the home environment and décor?  
Yes  No
Comments/suggestions?

Please feel free to make any additional comments that may assist us in providing quality care and services.

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Thank you for participating in this survey.
HOUSE MEETING NOTES

<table>
<thead>
<tr>
<th>Site/Facility:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson:</td>
<td>NoteTaker:</td>
</tr>
</tbody>
</table>

All Participants (Please use individual’s initials for privacy)

<table>
<thead>
<tr>
<th>Name</th>
<th>Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Are there any areas that you want to talk about today?

                  ____________________________________________________________
                  ____________________________________________________________
                  ____________________________________________________________

COMMUNITY INCLUSION OPPORTUNITIES
Are there any special community opportunities offered this week? (Festivals, elections, concerts, seasonal activities, etc.)

                  ____________________________________________________________
                  ____________________________________________________________

Are there any places you would like to go or things you would like to do this week?

                  ____________________________________________________________
                  ____________________________________________________________

Are there any routine activities that you would like to do this week? (Church, shopping, bowling, movies, library, etc.)

                  ____________________________________________________________

Are there any health or beauty choices that you would like to do this week? (Barber, haircut, exercise, walking, etc.)

                  ____________________________________________________________

HOME ENVIRONMENT
Are there any in-home activities you would like to do this week?

                  ____________________________________________________________
                  ____________________________________________________________

Page 1
HOUSE MEETING NOTES

Are there any special events coming up? (Birthdays, holidays, etc.)

Are there any items you would like to add to the grocery shopping list this week? (Snacks, drinks, other food items)

Are there any special meals you would like prepared this week?

Are you happy living here? (Why or why not?) *Please note that you may choose to discuss this in private

<table>
<thead>
<tr>
<th>Name</th>
<th>Yes or No</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>

Are you happy with your housemates? (Why or why not?) *Please note that you may choose to discuss this in private

<table>
<thead>
<tr>
<th>Name</th>
<th>Yes or No</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>

If you have a roommate, are you happy with him/her? (Why or why not?) *Please note that you may choose to discuss this in private

<table>
<thead>
<tr>
<th>Name</th>
<th>Yes or No</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>
### HOUSE MEETING NOTES

**Do you like your support staff? (Why or why not?)** *Please note that you may choose to discuss this in private*

<table>
<thead>
<tr>
<th>Name</th>
<th>Yes or No</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
</tbody>
</table>

**Are there any changes you would like to make to your home?** *Please note that you may choose to discuss this in private*

<table>
<thead>
<tr>
<th>Name</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CULTURE OF GENTLENESS

**Do you feel safe and valued in your home?** *Please note that you may choose to discuss this in private*

<table>
<thead>
<tr>
<th>Name</th>
<th>Yes or No</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Y</td>
<td></td>
</tr>
</tbody>
</table>

**Do you want to share any examples?**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**Other comments:**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
8. **CIGMMO**

CIGMMO is the Electronic Medical Record (EMR) system used within CMHCM and by the Provider Network.

All contracted providers must request a login ID for each staff member that requires access. The login ID can be obtained by emailing the completed CIGMMO Computer Acceptable Use Agreement to contracts@cmhcm.org, along with a brief summary of CIGMMO duties so we may determine the appropriate role to assign. It is the Providers responsibility to inform CMHCM of any staff changes so that we may update and/or remove CIGMMO access to ensure only appropriate, approved staff retains access to consumer files.

The form is located on the next page, and on the CMHCM website at:

[www.cmhcm.org](http://www.cmhcm.org) > Provider tab > Links > Computer Acceptable Use Agreement

The CIGMMO login ID will be used to view authorizations for consumers and to submit claims for payment by CMHCM. Additionally, providers are able to print the following: Person-Centered Plans, medical consents, guardianship papers, and any other documents scanned into the PCP attachments link. This access is also utilized to upload documentation into CIGMMO.

The following information is intended to assist with navigating and billing in CIGMMO.

As a reminder, if there are any questions about different sections within CIGMMO, the CIGMMO Help link should be selected. Once selected, this link will open up a help document where specific guidance is given for each section the provider is able to access. Each section will be linked to a help document for frequently asked questions and guidance for each area.
Community Mental Health for Central Michigan

Computer Acceptable Use Agreement

I, __________________________ will:

• Use CMHCM systems (CIGMMO, Email, Network Resources, etc.) on a need-to-know basis only.
• Retrieve or enter information about mutual consumers as required for clinical care or business functions related to clinical care only as it relates to my job duties and licensing.
• Take all reasonable precautions to protect the privacy of consumer information and will not leave display screens or printed materials containing consumer data where they could be viewed inappropriately.
• Not disclose my password to allow another person to log in with my user identification and password.
• Not log on using someone else’s user identification and password. I understand that doing so is fraud and not allowed in any circumstance.

Email Address: __________________________

Phone Number: __________________________

Provider: __________________________

Job Type: __________________________

My signature below indicates that I have read and understand this document. I shall comply with the CMHCM Agency Network, E-Mail, and Internet Policy (5.700.001) and CMHCM Data Security and Confidentiality Policy (5.700.002).

______________________________ Date

User Signature

As the supervisor for this user, my signature below indicates that I have read, understand, and assure all credentials have been verified and meet the requirements referenced in CMHCM Agency Network, E-Mail, and Internet Policy (5.700.001) and CMHCM Data Security and Confidentiality Policy (5.700.002),

______________________________ Date

Supervisor Signature

CMHCM Authorized Signature __________________________ Date

CMHCM-52 (01/26/16)

Revised: 6/5/19
Home Page
When you first log in you will see your Home page. The default Home page is the Consumers page. You can see that it says Consumers at the top right, next to the CiGMMO tree. And the Consumers button in the green menu at the left looks selected. The other buttons in the menu are My Page, Person Centered Plan, and Change Password.

Consumers Page
On the Consumers page, there are 3 links. They are Consumer Chart, Signed Medication Consents, and Guardianship Papers. Regardless of which link you click on, the first thing you will see is the consumer search box.

You can search for a consumer by any of the fields in the box. However, you can’t search by First name alone. You have to have part of the last name too. Searching for the first part of a name often is better than the whole name. Because the person that entered the name may not have spelled it like you would.

Once you have clicked SEARCH, a list of consumers that fit that criteria will come up. Click the ‘Consumer Chart’ or ‘Select’ link to the right of the one you want to work with.
Consumer Chart

At the top of the consumer chart is the consumer header:

- **Name:** Doe, Fako (15/M)
- **Date of Birth:** 01/01/2001
- **Primary Phone:** (989) 555-5555
- **Address:** 12345 Recovery Lane, Ferringto Hills 48034

**Health and Safety Warning**

- **Mailing address is different from physical address:** (hover to see mailing address)

**Adverse Reactions/Allergies**

- **Part of family group:** (hover for family name and number)

**Click to view staff and program assignments**

**Chart Documents**

- ** Same as Chart Documents tab but view and print only.**

**Health/PHCP Info**

- **Shows a list of alerts of things soon due and overdue.**

**Clinician Test**

- **Shows Medications, Allergies, Adverse Reactions, PHCP, preferred pharmacy, and vital signs.**

**Current Admission**

- **Primary County:** Isabella
- **Primary Program:** OTMCHN CNT

**Case:** 000001

- **LOCUS Level II**
- **Case: Open**

- **Non-Medicaid Consumer**

- **Show if consumer does not have current Medicaid eligibility. Often shows the first few days of the month because the eligibility file for that month has not been received. An eligibility inquiry can be done to make it go away.**

- **Do not call for things other than appointment reminders (do not call for appointment reminders is available, just not displayed here).**
Under the header are the links to the parts of the chart.

The links, Signed Medication Consents, Consents for Medical Treatment, Guardianship Papers, and Other Consents allow you to View and/or Download documents that have been scanned or uploaded under that link. If a document has been uploaded, you can only download, you can’t view.

The CLS Documents link allows you to View, Download, or Add a CLS document. You can add a CLS document by uploading from your computer.

Person Centered Plans lets you Print or View PCPs and their attachments. Many different documents are stored as attachments to PCPs because providers can view them there.
In addition to going back to the home page and selecting Consumer Chart to bring up the consumer search box to switch consumers, you can also use the lookup button at the bottom of the Consumer Chart. Click lookup and you will see the consumer search box. Search for and select your consumer. Then click Switch Consumer. You will be taken to the chart of the new consumer.

**Signed Medication Consents**
This link allows you to View and/or Download documents that have been scanned or uploaded under that link. If a document has been uploaded, you can only download, you can’t view.

**Guardianship Papers**
This link allows you to View and/or Download documents that have been scanned or uploaded under that link. If a document has been uploaded, you can only download, you can’t view.

**My Page**
My Page is blank to begin with. It is where you can put your most used links if you prefer to have them in one place. You can add a link to your My Page by clicking +myPage at the end of that link’s description. You can remove a link from your My Page by clicking -myPage at the end of the link description on your My Page. You can make My Page (or any other page in the green menu at the left) your Home Page by emailing jcole@cmhcm.org and requesting the change.

**Person Centered Plan Page**
The Person Centered Plan Page has one link. It takes you to the same screen and the Person Centered Plans link in the Consumer Chart takes you to.

**Change Password**
The Change Password button at the bottom of the green menu at the left, takes you to a screen where you can change your password and the answers to your security questions.

**Procedure for Reconsiders**

1. Provider sends a request to payables@cmhcm.org.
   a. The subject line should say “Reconsider” with the consumer's initials.
   b. The email should include:
      i. Consumer name and ID number
      ii. Claim # NOT BATCH NUMBER
      iii. Dates of Service
      iv. Dollar Amount to be reconsidered
      v. Billing Code
      vi. Reason for reconsider
      vii. Indicate if this reconsider will be re-billed
2. CMHCM payables will review, process the reconsider, and email the provider.
3. If the reconsider needs to be re-billed CMHCM would like to process the replacement billing with the reconsider.
   a. CMHCM will coordinate with the provider the timing of processing the reconsider and the replacement billing.
   b. **Before the replacement billing batch is submitted**, the provider needs to reply to the CMHCM email (please include khauck@cmhcm.org and pschafer@cmhcm.org) that shows that the claim has been reconsidered and approved (if over the 60 days), with the following information:
      i. **Batch # of the replacement billing**
      ii. Note: This batch should only include the claims that have been reconsidered that need to be re-billed.

**Procedure for requesting the 60 day restriction be lifted**

1. Provider e-mails payables@cmhcm.org to request the 60 day restriction be lifted
   a. Subject line of the email should read: 60-day rule along with their agency name
   b. The email should include the reason for the request, why the claim is being submitted late.
   c. It needs to include any and all emails between the provider and CMH staff.
   d. Payables will review the request.
   e. The decision will be communicated to the provider.
2. If the request is approved, **BEFORE the batch is submitted**, the provider will email payables@cmhcm.org the batch number they are ready to send with the over 60 day claim(s).
   a. **Only those claims approved should be in the batch.**
3. Payables will have the restriction removed and email the provider letting them know they have 24 hours to submit the batch.
4. As soon as the batch is processed the 60 day restriction will be reinstated.
9. **Safety Center: Suggestions, Common Controlled Substances, Contingency and Emergency Shelter Plans**

CMHCM encourages all providers to develop a safety center. Some suggested items are listed in this packet.

Residential Providers must have all of the following items available:

- Universal Precautions Kit/Blood Spill Kit*
- First Aid Kit*
- Flashlight & extra batteries
- Battery operated radio & extra batteries
- Weather Radio
- Incident Report Forms*
- Tornado Drill Forms
- Fire Drill Forms
- Material Safety Data Sheets Notebook
- Copies of Training Brochures
- Emergency Procedures Manual*
- Contingency Plans
- Emergency Kit Bag

MDHHS requires Contingency Plans and Emergency Kit Bags the required contents are listed below.

Contingency Plans for licensed Residential Programs must include: Medical Emergency, Missing Consumer, Power Outage, Water Shortage, Fire, Bad Weather, Chemical/Shelter in Place, Choking, Death of a Consumer, Auto Accident, Terrorism Emergency, Chemical Emergency, Hostage Situation, and Emergency Shelter Plans.

A template to assist with developing contingency plans can be accessed on the CMHCM website.

Emergency Shelter Plans require evidence of preplanning for emergency situations.

Residential Providers must obtain a letter from a local hotel stating that the occupants of the home would be provided a room in an emergency, if a room is available.

A letter must be obtained as documentation that the hotel or motel has been contacted and will provide rooms if they are available. A copy of the letter should be attached to the contingency plans. Short & Long term Interim housing plans should be included.

*Items identified with an asterisk are required for all CMHCM Providers.
For all providers who dispense medications a list of the most common controlled substances is included in this packet. This list should be posted. A “Look A-Like Sound A-Like” drug list should be available for staff reference as well.

Please note: any controlled substance must be double locked!

Required Postings

All providers in the network must have the following postings displayed in an area that is accessible to all staff and visitors to the program. All postings are available at the CMHCM website.

Common Controlled Substances

The following is a list of the most common controlled substances. As a contract provider you are required to assure that controlled substances are double-locked!

<table>
<thead>
<tr>
<th>Adderall</th>
<th>Norco</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alprazolam</td>
<td>Oxazepam</td>
</tr>
<tr>
<td>Ambien</td>
<td>Pemoline</td>
</tr>
<tr>
<td>Apap w/Codeine</td>
<td>Phenobarbital</td>
</tr>
<tr>
<td>Ativan</td>
<td>Propoxyphene</td>
</tr>
<tr>
<td>Chloral Hydrate Clonazepam</td>
<td>Prosom</td>
</tr>
<tr>
<td>Clorazepate</td>
<td>Resotril</td>
</tr>
<tr>
<td>Codeine</td>
<td>Ritalin</td>
</tr>
<tr>
<td>Cylert</td>
<td>Serax</td>
</tr>
<tr>
<td>Dalmane</td>
<td>Soma</td>
</tr>
<tr>
<td>Demerol</td>
<td>Triazolam</td>
</tr>
<tr>
<td>Flunazepam</td>
<td>Tylenol w/ Codeine</td>
</tr>
<tr>
<td>Halicon</td>
<td>Valium</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>Vicodan</td>
</tr>
<tr>
<td>Klonipin</td>
<td>Vyvanse</td>
</tr>
<tr>
<td>Lomotil</td>
<td>Xanax</td>
</tr>
<tr>
<td>Medperidine</td>
<td></td>
</tr>
</tbody>
</table>

10. Required Postings

- Recipient Rights
- Whistleblower’s Protection Act
- Reporting Abuse & Neglect

Postings on following pages
COMMUNITY MENTAL HEALTH 
FOR CENTRAL MICHIGAN

TO LEARN MORE ABOUT YOUR RIGHTS PLEASE ASK A RIGHTS ADVISOR
www.cmhem.org
1-800-317-0708

RECIPIENT RIGHTS MAIN OFFICES
301 South Crapo Street, Suite 100
Mt. Pleasant, MI 48858
(989) 772-5938
OR
218 Fast Ice Drive
Midland, MI 48642
(989) 631-2320

Recipient Rights Advisors
Annette Israel (989) 772-5938—Mt. Pleasant
Jane Gilmore (989) 772-5938—Mt. Pleasant
Phyllis Kehodl (989) 631-2320—Midland

Recipient Rights Officer
Kristine Stableford (989) 772-5938—Mt. Pleasant

If hearing or speech impaired
Michigan Relay 7-1-1
or
(989) 773-2890—Mt. Pleasant (TTY)
(989) 631-0591—Midland (TTY)

FOR CUSTOMER SERVICE ASSISTANCE
Julie Rookard: (989) 772-5938 or (800) 317-0708

ACCESS AVAILABLE TO ALL SIX COUNTIES
Clare, Gladwin, Isabella, Mecosta, Midland, and Osceola
Michigan Whistleblowers’ Protection Act (469 P.A. 1980)

ATTENTION EMPLOYEES

The Michigan Whistleblowers' Protection Act (469 P.A. 1980) creates certain protections and obligations for employees and employers under Michigan law.

PROTECTIONS:
It is illegal for employers in Michigan to discharge, threaten or otherwise discriminate against you regarding your compensation, terms, conditions, location or privileges of employment because you or a person acting on your behalf reports or is about or report a violation or a suspected violation of federal, state or local laws, rules or regulations to a public body.
It is illegal for employers in Michigan to discharge, threaten or otherwise discriminate against you regarding your compensation, terms, conditions, location or privileges of employment because you take part in a public hearing, investigation, inquiry or court action.

OBLIGATIONS:
The Act does not diminish or impair either your rights or the rights of your employer under any collective bargaining agreement.
The Act does not require your employer to compensate you for your participation in a public hearing, investigation, inquiry or court action.
The Act does not protect you from disciplinary action if you make a report to a public body that you know is false.

ENFORCEMENT:
If you believe that your employer has violated this Act you may bring civil action in circuit court within 90 days of the alleged violation of the Act.

PENALTIES:
Persons found in violation of this Act may be subject to a civil fine of up to $500.00. If your employer has violated this Act the court can order your reinstatement, the payment of back wages, full reinstatement of fringe benefits and seniority rights, actual damages, or any combination of these remedies. The court may also award all or a portion of the costs of litigation, including reasonable attorney fees and witness fees to the complainant if the court believes such an award is appropriate. This poster is provided as a courtesy of the Michigan Occupational Safety and Health Administration (MIOSHA). Visit our website at www.michigan.gov/miosha
This form must be posted in the home and can be found online at www.cmhh.org.

<table>
<thead>
<tr>
<th>Requirement for Reporting Abuse and Neglect</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MSP 2024-321</strong></td>
</tr>
<tr>
<td>Adult or Children's Protective Services - Hotline 1-800-266-6463</td>
</tr>
<tr>
<td>To the MH Program's Office (MH Program's Office)</td>
</tr>
<tr>
<td>To the MH Program's Office (MH Program's Office)</td>
</tr>
</tbody>
</table>

Requirements for Reporting Abuse and Neglect
11. **Provider Recognition Program**

Community Mental Health for Central Michigan believes that it is important to provide recognition of its service providers and, in so doing, support staff, agency and community learning that enhances the lives of mental health consumers.

The recognition program at CMHCM applies to all providers. Recognition/nomination forms will be accepted from consumers, families of consumers, guardians, providers, CMHCM staff, and the community at any time (not limited to a particular time of the year).

The recognition program provides the opportunity to recognize a specific provider or an individual Direct Support Professional (DSP).

The criteria and forms are also available on the CMHCM website: [www.cmhcm.org](http://www.cmhcm.org)
**INSTRUCTIONS FOR COMPLETING THE FORM**

1. Review the values stated below and then provide a written description identifying which of the values the provider has met and the reasons why. Be sure to identify the provider and include your name and telephone number in case more information is needed.

2. Mail, fax, or hand-deliver the form to CMH for Central Michigan, Attention Customer Services. The mailing address is 301 South Crapo, Mt. Pleasant, MI 48858; the fax number is (989) 773-1968.

**VALUES**

<table>
<thead>
<tr>
<th><strong>1. Consumer Focus/Customer Driven Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumer satisfaction, Meet person-centered-plan goals (helping dreams come alive), Listening to what the person wants, Consumer on boards, advisory committees, conduct town hall meetings, Consumer employment, volunteers within organization, Consumer controls own funds, selects their own staff, select their own living situation, Consumer education, Consumer defines quality, Mission, vision, policies support self-determination, Cultural responsiveness</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>2. Consumer Impact and Quality Improvement</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Involvement in the arts, Volunteer opportunities, Employment, Assisting in the development of natural supports, Community inclusion, Relationship development/building, Gives options to choose from, Quality improvement program that is responsive, Meets or exceeds established outcomes or benchmarks, Addresses safety issues, Access to services, Affordable, accessible housing, Grievance and appeals process/policy, Creative and innovative service provision</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>3. Consumer/Provider/Community Partnering</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Systems change initiatives through community collaboration (HSCB participation, local and state initiatives), Advocacy group participation (Arc, RICC), Direct involvement with consumers (assistance with newsletters, micro enterprises, mentoring/teaching)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4. Promoting Education/Advocacy on Mental Health Issues</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Newsletters, mental health columns, booths at health fairs, newspaper articles, Community Involvement (civic groups, service organizations, advocacy groups), Political advocacy, Sponsoring conferences and trainings, Community organization around issues</td>
</tr>
</tbody>
</table>
_______________________________ has contributed to the values in the following way(s):

(Name of provider)

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Completed by: _____________________________ Phone #:________________
Provider Recognition Program
Quarterly Direct Support Professional (DSP) Award

Community Mental Health for Central Michigan believes that it is important to provide recognition of its service providers and to acknowledge the many contributions of direct support staff.

The Direct Support Professionals (DSP) Recognition Program is an award program to recognize DSPs who “go the extra mile” in their support of individuals with a mental illness or developmental disability, and who serve by example, encouraging other DSPs to strive for excellence. A DSP Awards Panel comprised of individuals with disabilities will determine the winner using the award criteria. Each quarter a winner will be selected from the nominations received in the quarter. Each winner will receive a $100.00 gift card and a letter of recognition.

Award Criteria

Awards are solely based upon the information provided in the nomination. Please keep the nine core values from the DSP Code of Ethics in mind as you prepare your nomination. Do not simply restate the values, offer specific examples of how your nominee demonstrates or puts the values into practice. You will be notified of the decision of the Awards Panel. If you have questions or need assistance in completing a nomination, please call 1-800-317-0708 or 989-772-5938 and ask to speak to Customer Service.

This award recognizes an individual who:

- Provides direct support to a person/people with disabilities.
- Practices the nine core values from the DSP Code of Ethics when providing direct support.
- Has exceptional relationship(s) with person(s) supported
- Supports the person(s) in achieving their goals and dreams.
- Has a good relationship with co-workers
- Has a genuine commitment to people with disabilities
- Takes extra training to improve skills
DSP Code of Ethics

Advocacy: As a DSP, I will advocate with the people I support for justice, inclusion, and full community participation.

Person-Centered Support: As a DSP, my first allegiance is to the person I support: all other activities and functions I perform flow from this allegiance.

Promoting Physical and Emotional Well-Being: As a DSP, I am responsible for supporting the emotional, physical, and personal well-being of the individuals receiving support. I will encourage growth and recognize the autonomy of the individuals receiving support while being attentive and energetic in reducing their risk of harm.

Integrity and Responsibility: As a DSP, I will support the mission and vitality of my profession to assist people in leading self-directed lives and to foster a spirit of partnership with the people I support, other professionals, and the community.

Confidentiality: As a DSP, I will safeguard and respect the confidentiality and privacy of the people I support.

Justice, Fairness, and Equity: As a DSP, I will promote and practice justice, fairness, and equity for the people I support and the community as a whole. I will affirm the human rights, civil rights, and responsibilities of the people I support.

Respect: As a DSP, I will respect the human dignity and uniqueness of the people I support. I will recognize each person I support as valuable and help others understand their value.

Relationships: As a DSP, I will assist the people I support to develop and maintain relationships.

Self-Determination: As a DSP, I will assist the people I support to direct the course of their own lives.

Nomination Process:
- Complete nomination form and be as thorough as possible in your description. You may nominate as many DSP staff as you like.
- Describe what makes your DSP nominee a stand out in the field and deserving of recognition.
- Include a minimum of two stories as examples. Do not use individual consumer names.
- Remember to consider the DSP Code of Ethics when completing the nomination.

Submit nominations to Customer Services by Fax, Email, or Mail to:
Community Mental Health for Central Michigan
Attention: Customer Services
301 South Crapo Street, Suite 100
Mt. Pleasant, MI 48858
FAX: (989) 773-1968
Email: kbressette@cmhcm.org

Questions: Please call (989) 772-5938 or (800) 317-0708 and ask for Customer Services.
# Provider Recognition Program - Quarterly Direct Support Professional Award

## NOMINATION FORM

<table>
<thead>
<tr>
<th>Name of Direct Support Professional (DSP)</th>
<th>Agency/Employer Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSP’s Address</td>
<td>Agency/Employer Address</td>
</tr>
<tr>
<td>DSP’s City, State, Zip Code</td>
<td>Agency/Employer City, State, Zip Code</td>
</tr>
<tr>
<td>DSP’s Email</td>
<td>Employer Phone Number</td>
</tr>
<tr>
<td></td>
<td>( )</td>
</tr>
<tr>
<td>DSP’s Phone Number</td>
<td>Name of DSP’s Supervisor</td>
</tr>
<tr>
<td></td>
<td>( )</td>
</tr>
<tr>
<td>Number of years DSP has worked in the field</td>
<td>Phone Number or Email of Supervisor</td>
</tr>
<tr>
<td></td>
<td>( )</td>
</tr>
<tr>
<td>DSP’s Job Title / Position*</td>
<td>*Job titles vary from agency to agency. Be sure your nominee provides direct support to a person/people with disabilities.</td>
</tr>
<tr>
<td>YOUR Name</td>
<td>YOUR Address</td>
</tr>
<tr>
<td>YOUR Relationship to Nominee</td>
<td>YOUR City, State, Zip Code</td>
</tr>
<tr>
<td>YOUR Phone Number</td>
<td>YOUR Email</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*What makes your DSP nominee a stand out in the field and deserving of recognition? Please provide a minimum of two stories as examples. Do not use consumer names. Feel free to use the reverse for more details. Remember to consider the DSP Code of Ethics when writing your narrative.*

Date received/completed: ____________________  Date of CAC Review: ____________________

CMHCM-172 (Revised 11/27/18)
12. **Training Requirements**

Community Mental Health for Central Michigan and the Medicaid Provider Manual requires that **ALL CONTRACTED SERVICE PROVIDERS** receive training. All training, including annual training, must be documented. Documentation must include staff signature, date training was completed, and name/topic of training.

Training documentation forms can be obtained on the CMHCM website, [www.cmhcm.org](http://www.cmhcm.org), under the Provider Tab.

Required training and timelines for completion is determined by the Medicaid service provided. Please see: CMHCM Provider Network Training Folder and the Michigan PIHP/CMHSP Provider Qualifications per Medicaid Services & HCPCS/CPT Codes for the specific requirements. Additionally, all providers should reference the Mid-State Health Network (MSHN) Minimum Community Mental Health Service Program (CMHSP) Training Requirements; these are included in this manual.

Residential Providers must complete Group Home Curriculum (GHC) training and this can be accessed on the CMHCM website. CMHCM uses the CenTrain curriculum.

The CenTrain curriculum and training record/verification forms can be obtained on the CMHCM website under the provider tab and CenTrain link.

Any provider who dispenses medication must have a policy/procedure regarding medication management which includes medication storage, administration and disposal practices. Additionally, a controlled substance list and a Look A-like Sound A-like drug list must be available for reference.

**Providers dispensing medications in licensed residential settings:**
Providers must retain the “Behavioral Objectives for the Administration of Medications” form located in the CenTrain curriculum. Observation of medication administration is an important part of staff training and provides documentation that staff was observed a minimum of three (3) times administering medications. Medication administration observation sheets must be complete and available in all staff training records.

**For licensed residential providers, all tests answer sheets for all units must be kept for review by MDHHS licensing consultants.**

*Please review the CMHCM training requirements on page 33-35 and ensure that you are up to date with all required trainings. Refer to the second table for required annual trainings.*

Any licensed residential providers who employ a DSP trained more than 5 years ago or who have not worked providing direct support services for more than 5 years are strongly encouraged to update training as there have been many changes in the past few years that impact care and services.
Table of Contents - Training

Annual Contractual Required Trainings for **ALL CMHCM SERVICE PROVIDERS**.

*Please reference the Training requirement grids on pages 4-6 for additional training requirements related to the Medicaid Service provided.*

1. **Recipient Rights**  
   *You must complete an online “Rights of Recipients of Mental Health Services” training provided by Community Mental Health for Central Michigan.  
   *This training must be completed within 30 days of beginning employment.*

2. **Recipient Rights Refresher Training**  
   *Required Annually*

3. **Corporate Compliance, Ethics, & Deficit Reduction Act Training**  
   *Required Initially & Annually*

4. **Person Centered Plan Training and Training Verification**  
   *Required Initially & Annually*

5. **Health Insurance Portability & Accountability Act (HIPAA)**  
   *Required Initially & Annually*

6. **Limited English Proficiency (LEP)**  
   *Required Initially & Annually*

7. **Cultural Competency/Diversity**  
   *Required Initially & Annually*

8. **First Aid & CPR Training**  
   *Required every 2 years. **All providers** must complete First Aid.  
   Residential Providers must complete CPR and First Aid*

9. **Infection Control/Blood Borne Pathogens**  
   *Required Initially & Annually*

10. **Safety & Fire Prevention**  
    *Required Initially & Annually*

11. **Sensitivity Training: Hearing Loss**  
    *Required initially within 30 days*

12. **Trauma Informed Care Training**  
    *Required Initially within 30 days.*

13. **Basic Medication Administration**  
    *Required initially within 30 days for Residential providers.  
    *Required if recommended in individual’s PCP for Choice Voucher Agreements and staff providing Community living Supports (CLS).*

14. **Positive Approaches/Challenging Behaviors/Non-Aversive Techniques & Crisis Intervention**  
    *Required initially within 90 days for Residential providers.  
    *Required if recommended in individual’s PCP for Choice Voucher Agreements and staff providing Community Living Supports (CLS).*

15. **Appeals & Grievances Training**  
    *Required Initially & Annually*
# FY19 Training Grid (Printable version)

## MSIN Minimum CARFSP Training Requirements

<table>
<thead>
<tr>
<th>Training Requirement</th>
<th>Other Professional Service (APS), Clinical, Psychosocial Testing</th>
<th>Medical Professional</th>
<th>Residential Improvement</th>
<th>12-hour staff providing support in the community to non-staff supported settings</th>
<th>Primary Service Providers</th>
<th>Other/Supportive Services</th>
<th>Other/Service Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alertism/Board Key</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Safety/Health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Fatigue Management and Independence</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Medical Management and Independence</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Michigan Department of Health &amp; Human Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Michigan Adminstrative Code</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Michigan Medical Code</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Occupational Rules &amp; Daily Administrative CARFSP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Legal Issues &amp; Lack of Support</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Initial</td>
<td>30 days/year</td>
<td>1.0</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>10. Initial &amp; Annual</td>
<td>30 days/year</td>
<td>1.0</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>11. Initial &amp; every 2 years</td>
<td>30 days/year</td>
<td>1.0</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
<td>A</td>
</tr>
</tbody>
</table>

### Notes:
- **Alertism/Board Key** refers to the specific codes for alertism and board key.
- **Safety/Health Management** and **Fatigue Management and Independence** are critical for maintaining the health and safety of clients.
- **Medical Management and Independence** is essential for clients requiring medical care.
- **Michigan Department of Health & Human Services** and **Administrative Code** ensure compliance with state regulations.
- **Occupational Rules & Daily Administrative CARFSP** guide daily operations.
- **Legal Issues & Lack of Support** address legal and supportive services.

*Revised: 6/5/19*
Recipient Rights & the Michigan Mental Health Code

The Code says that recipients of mental health services have additional rights beyond those that are guaranteed to all citizens. These rights will be discussed individually.

Recipients of mental health services have the right to be treated with dignity and respect. The Code also extends this right to family members of recipients of mental health services.

A staff person needs to remember not only to be respectful under all circumstances but also to promote a recipient’s dignity where it might be challenged or compromised. The use of inappropriate workplace language could be interpreted as being disrespectful. Failing to assist a recipient with grooming before going out in public could demonstrate a failure to recognize each recipient’s dignity. Supporting a recipient’s decision, such as how to spend money that is earned in a paycheck, would also demonstrate respect and promote dignity.

Recipients of mental health services have the right have an individualized written plan of service developed through the Person Centered Planning process. Recipients have the right to receive the services outlined in that plan.

The Administrative Rules detail the requirements of the many components that a recipient’s Person Centered Plan must contain and who was involved in the creation of the plan. There are many types of services offered by CMHCM and the Person Centered Planning process will identify specifically which services a person can expect to receive.

Recipients may receive residential services, psychiatric services; services related to developing job skills, services that help recipients learn skills that they need to access and enjoy their community. Some recipients live independently with support and may need help to maintain their independence such as help taking medication, help with grocery shopping, transportation assistance, etc.

The plan states who will provide those services and how often the service is to be provided. If there are to be any restrictions or limitations of a recipient’s rights, the plan will include the justification for the limit and how long it will be continued. Such restrictions or limits must be presented to and approved by the CMHCM Behavior Treatment Committee. Failing to deliver a required service is against the law.

Contacts:

Annette Israel, Advisor 989-772-5938 Mt. Pleasant
Jane Gilmore, Advisor 989-772-5938 Mt. Pleasant
Phyllis Kchodl, Advisor 989-631-2320 Midland
Kris Stableford, Officer 989-772-5938 Mt. Pleasant
AUTHORIZATION TO DISCLOSE EMPLOYEE INFORMATION & RELEASE OF LIABILITY
OFFICE OF RECIPIENT RIGHTS CHECK

I, __________________________, authorize Community Mental Health for Central Michigan (CMHCM) and the CMHCM Office of Recipient Rights to disclose to the Provider/Consumer listed below any and all information in possession of CMHCM regarding any violation of recipients’ rights committed by me.

I, __________________________, release CMHCM and CMHCM Office of Recipient Rights, its officers, its agents, and its employees from any and all liability claims, suits and actions of any nature brought against CMHCM and the CMHCM Office of Recipient Rights, its officers, its agents and its employees, etc., for disclosing information requested by/about me and I shall indemnify and hold harmless should any claim, suits or actions be filed against them.

PREVIOUS PLACES OF EMPLOYMENT

1. __________________________ Dates employed _________ to ___________

2. __________________________ Dates employed _________ to __________

3. __________________________ Dates employed _________ to __________

Applicant’s Signature __________________________ Date _________ Previous Name Used (print) __________________________

Witness Signature __________________________ Date _________ Title __________________________

Case Coordinator __________________________

INFORMATION TO BE SENT TO:

Provider/Consumer __________________________ Fax Number __________________________

Street Address __________________________ City __________________________ State __________ ZIP Code __________

RIGHTS OFFICE USE ONLY

☐ The above applicant does not have a substantiated recipient rights violation(s) according to CMHCM records.

☐ The above applicant does have a substantiated recipient rights violation(s) according to CMHCM records.

Violations include: ____________________________________________

__________________________________________________________

_________________________ __________________________
CMHCM Office of Recipient Rights Staff Date

CMHCM-19 (06/10/15)
### Requirements for Reporting Abuse and Neglect

The Requirements for Reporting Abuse and Neglect form below must be posted in the home and can be found online at [www.cmhcm.org](http://www.cmhcm.org):

<table>
<thead>
<tr>
<th>Form</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYS</td>
<td>The NYS Children's Safety Act requires that all reports of suspected child abuse and neglect be made to the local child protective agency.</td>
</tr>
<tr>
<td>CPS</td>
<td>The CPS must conduct an investigation to determine if there is reasonable cause to believe that a child has been abused or neglected.</td>
</tr>
<tr>
<td>FPD</td>
<td>The FPD must conduct a thorough investigation to determine if there is reasonable cause to believe that a child has been abused or neglected.</td>
</tr>
<tr>
<td>HHS</td>
<td>The HHS must conduct a thorough investigation to determine if there is reasonable cause to believe that a child has been abused or neglected.</td>
</tr>
</tbody>
</table>

**WHAT TO REPORT**

- Any suspected child abuse or neglect
- Any other information that may be relevant to the investigation

**HOW TO REPORT**

- Phone: 1-800-342-3720
- Email: cpsreport@nys.gov
- Website: [www.cps.ny.gov](http://www.cps.ny.gov)

**ANCILLARY OR COMPLIMENTARY SERVICES REPORT**

- In-patient or out-patient mental health services
- Substance abuse treatment services
- Home health services
- Foster care services
- Adoption services

**WHERE TO REPORT**

- Local child protective agency
- Local health department
- Local law enforcement agency
- Local social service agency

**WHEN TO REPORT**

- As soon as possible
- Within 24 hours of discovery
- Immediately if a child is in danger

**WHY REPORT**

- To protect the safety and well-being of children
- To prevent further harm
- To provide support and resources to children and families
Abuse & Neglect Reporting

Abuse and Neglect Reporting **REQUIREMENTS:**

**Abuse** – of a recipient by someone paid to provide service to him or her.

A non-accidental act (or the provocation of another to act) that results in:

- ✓ **Death, an injury, pain, or sexual abuse/harassment**
- ✓ **Use of unreasonable force** (with or without apparent harm)
  
  Physical management when there is not someone in imminent risk of physical harm, use of techniques not approved by CMHCM and/or the person’s plan of service or when less restrictive things could have been tried and weren’t.
- ✓ **Emotional harm** or treating someone (with no guardian) as if they are not competent
- ✓ **Misuse or misappropriation of a recipient’s funds or property** for the benefit of someone other than the recipient.
- ✓ **Any communication that is threatening or degrading**

**Neglect** – of a recipient by someone paid to provide service to him or her.

Act of commission or omission that results from not complying with a rule, law, plan of service, instructions, etc.

That results in any of the above (see definitions under Abuse) or places or could place a recipient at **risk of physical harm.**

Neglect is also the failure to report **APPARENT** or **SUSPECTED** abuse or neglect!!!!!

**You are required to:**

- ➢ Take the necessary steps to ensure the health and safety of the recipient.
- ➢ Notify (by phone during business hours or voice mail or email to be received the beginning of the next business day) the Recipient Rights Office of the events causing you to suspect abuse or neglect.

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
CORPORATE COMPLIANCE, ETHICS, & DEFICIT REDUCTION ACT TRAINING

CODE OF PROFESSIONAL ETHICS

All Providers shall conduct their professional relationships in accordance with the following code of professional ethics. Providers:

1. Shall not discriminate against or refuse professional services to anyone on the basis of race, color, age, sex, religion, national affiliation, marital status, height, weight, arrest record, disability, medical condition or sexual orientation.
2. Shall regard as their primary objective the welfare of the individual or group served.
3. Shall not without proper credentials provide care, treatment or services that require a license, registration or certification under applicable law or regulation.
4. Shall not use professional relationships to further their own interests, shall remain sensitive to any potential conflict of interest, or appearance of conflict of interest, and shall discuss such situations with CMHCM.
5. Shall maintain responsibility for providing quality services, only so long as there is a clear benefit to the person, and shall assist with obtaining other needed services when their services are no longer appropriate.
6. Shall not engage in sexual relationships with persons they serve in a professional capacity and shall not engage in sexual relationships with the significant others of the persons they serve in a professional capacity.
7. Shall recognize and advocate for the rights afforded consumers of mental health services.
8. Shall respect the privacy of service consumers and hold in confidence all information obtained in the course of professional service, disclosing confidences only when mandated or permitted by law. This applies both during and after the CMHCM contractual relationship.
9. Shall display a professional attitude toward applicants, consumers, colleagues and any sensitive situations arising within CMHCM.
10. Shall respect the rights, findings, views and actions of colleagues, shall treat them with fairness, courtesy and good faith, and shall use appropriate channels to express judgment.
11. Shall be aware of their potential influence on students and colleagues and shall not exploit their trust.
12. Shall not engage in nor condone any form of harassment or discrimination.
13. Shall accept the responsibility to help protect the community against unethical practice by any individual or organization engaged in mental health services.
14. Shall accurately represent themselves and CMHCM to the public, distinguishing clearly between statements and actions made as individuals or as representatives of CMHCM, and refraining from any public activity, which could harm CMHCM or its consumers.
15. Shall observe the following marketing, admissions and billing practices:
   a. Consumers who are billed for services are billed for only those services received and the services are summarized in an itemized list.
   b. Consumers are informed about the source of reimbursement and any limitations on the duration of services.
16. Shall understand that violation of this Code of Ethics may be considered a material breach of contract and could result in contract termination.
False Claims Act

The False Claims Act (FCA) is a Federal law that establishes criminal and civil liability when any covered person or entity improperly receives reimbursement from or avoids payment to the Federal government.

TYPES OF FRAUD PROSECUTED UNDER THE FEDERAL FCA:

- Billing for goods and services that were never delivered or rendered.
- Submitting false service records or samples in order to show better than actual performance.
- Performing inappropriate or unnecessary medical procedures.
- Billing in order to increase revenue instead of billing to reflect actual work performed.
- Up Coding
- Inflating bills by using diagnoses, billing codes that suggest a more expensive illness or treatment or coding longer than actual face to face time.
- Double Billing
- Charging more than once for the same service or goods.
- Prescribing a medicine or recommending a type of treatment or diagnosis regimen in order to win kickbacks from hospital, laboratory or pharmaceutical companies.
- Billing for unlicensed or unapproved drugs.
- Forging physician signatures when such signatures are required for reimbursement from Medicare or Medicaid.
- Billing for work or tests that were not performed.
- Phantom employees and doctored time slips; charging for employees that were not actually on the job, or billing for made up hours in order to maximize reimbursements.
- A grant recipient charges the government for costs not related to the program.
- Billing Medicare for services that were not performed or were unnecessary.

In particular, the Federal FCA prohibits:

- Knowingly presenting, or causing to be presented, a false or fraudulent claim for payment;
- Knowingly making, using or causing to be made or used, a false record of statement to get a false claim paid or approved;
- Conspiring to defraud by getting a false claim allowed or paid;
- Certifying recipient of property from an unauthorized officer of the government, and;
- Knowingly making, using or causing to be made or used a false record or statement to conceal, avoid or decrease an obligation to pay or transmit money or property to the government.

TIME PERIOD FOR A CLAIM TO BE BROUGHT

The statute of limitations for suits under the False Claims Act is the later of:

a) Within six years of the illegal conduct, or
b) Within three years after the Government knows or should have known about the illegal conduct, but in no event later than ten years after the illegal activity.

WHAT MONEY CAN BE RECOVERED

A person who brings a False Claims Act case is entitled to a proportional share of the funds that are recovered for the government. As a part of the process, the individual must provide the government with all of his or her information.

PROTECTIONS FOR PEOPLE WHO BRING FCA CASES

Anyone who lawfully acts to bring suit is protected from:

a) Discharge, demotion, suspension, threats, harassment, and discrimination.
b) If violated, an employee is entitled to reinstatement with seniority, double back pay, interest on back pay, compensation for discriminatory treatment, and attorney’s fees.
MICHIGAN FALSE CLAIMS ACT

An Act to prohibit fraud in the obtaining of benefits or payments in connection with the medical assistance program; to prohibit kickbacks or bribes in connection with the program; to prohibit conspiracies in obtaining benefits or payments; to authorize the Attorney General to investigate alleged violations of this act;...to provide for civil actions to recover money received by reason of fraudulent conduct;...to prohibit retaliation; to provide for certain civil fines; and to prescribe remedies and penalties.

Any person may bring a civil action in the name of the State to recover losses.

At the time of filing, the person shall disclose, in writing, substantially all material evidence and information supporting the complaint.

The Attorney General may proceed, or if not, the individual may proceed with action.

If a person other than the Attorney General prevails in an action that the person initiates, the court shall award that person: Costs, reasonable attorney’s fees, and based on effort, a percentage of monetary proceeds.

If the court finds an action under this section based primarily on information from other than the person bringing the action, the court shall award costs, reasonable attorney’s fees, and not more than 10% of monetary recovery. If court finds that the person bringing the action planned, initiated, or participated in the conduct upon which the action is brought, then court may reduce or eliminate the share of proceeds.

A person other than the Attorney General shall not bring an action that is already the subject of a civil suit, criminal investigation, prosecution, or administrative investigation.

Frivolous Actions:

If a person proceeds with an action after the Attorney General declines, and the court finds it to be frivolous, the court shall award prevailing defendant actual and reasonable attorney’s fees and expenses and impose a civil fine of not more than $10,000.

No Retaliation:

An employer shall not discharge, demote, suspend, threaten, harass, or otherwise discriminate against an employee who initiates, assists, or participates in a proceeding or court action.

An employer who violates this is liable to the employee for all of the following:

- Reinstatement to position without loss of seniority
- 2x back pay
- Interest on back pay
- Compensatory damages
- Other relief as necessary to make employee whole

WHISTLEBLOWERS’ PROTECTION ACT

An Act to provide protection to employees who report a violation or suspected violation of state, local or federal law; to provide protection to employees who participate in hearings, investigations, legislative inquiries, or court actions; and to prescribe remedies and penalties.
An employer shall not discharge, threaten or otherwise discriminate against an employee regarding compensation, terms, conditions, location, or privileges of employment because the employee reports or is about to report a violation.

A person who alleges a violation of this act may bring a civil action for appropriate injunctive relief, or actual damages, within 90 days after the occurrence of the alleged violation.

An employer is not required to compensate an employee for participation in an investigation, hearing or inquiry held by a public body in accordance with this Act.

WHAT SHOULD I DO IF I RECOGNIZE A PROBLEM EXISTS?

You play a critical role in upholding the public trust by bringing compliance and ethics questions, issues and suggestions for correcting them to the attention of the following appropriate person(s). If you recognize a problem similar to those mentioned in this training, please inform any one of the following, as applicable:

CONTACT INFORMATION FOR SUSPECTED COMPLIANCE VIOLATIONS

Please report suspected compliance violations to the CMHCM Corporate Compliance Officer:

**Bryan Krogman, Deputy Director for Administration**
301 S. Crapo Street, Suite 100, Mt. Pleasant, MI 48858
989-772-5938
bkrogman@cmhcm.org

Reports can also be made to the Mid-State Health Network (MSHN) Compliance Officer:

**Kim Zimmerman**
530 W. Ionia Street, Suite F
Lansing, MI 48933
P: 517.253.7525 C: 616.648.0485
kim.zimmerman@midstatehealthnetwork.org

**MSHN COMPLIANCE LINE 1-844-793-1288**

Complaints can also be made to:
MDCH Medicaid Fraud Hotline: 1.855.MI.FRAUD (643.7283)
HHS/OIG Hotline: 1.800.HHS.TIPS (447.8477)

The complexity of our operations demands a constant vigilance on everyone’s part to assure a strong future in mental health service delivery.

All employees are responsible for reporting suspected fraud and ethical violations, and should do so without fear of retaliation.

Concerns may be reported via email, can be verbal or on an anonymous basis through U.S. mail.

Thank YOU for your commitment to fiscal integrity and ethical practices to uphold the public trust and support quality service.

You have finished reviewing the Corporate Compliance, Ethics and Deficit Reduction Act training. Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
**Person-Centered Planning and Self-Determination**

The 1996 revisions to the Mental Health Code require a “person-centered” approach to the planning, selection, and delivery of the supports, services, and/or treatment consumers receive from Community Mental Health Services Programs (CMHSPs) and providers under contract to CMHSPs.

It is the policy of Community Mental Health for Central Michigan (CMHCM) that all individuals will have an individual plan of service developed through a Person-Centered Planning process regardless of age, disability or residential setting.

The emphasis in using PCP processes should be on meeting the needs and desires of the individual when he or she has them, irrespective of the reason for the plan change. CMHCM shall advocate for the use of PCP processes where a change in circumstance is reasonably foreseeable and will work with consumers to promote timely PCP processes to mitigate unforeseen circumstances.

**What is Person-Centered Planning?**

Person-Centered Planning (PCP) is a process of learning how a person wants to live.

An individual plan of service (IPOS) is developed through the person-centered planning process. The person builds upon individual strengths and his or her capacity to engage in activities that promote community life.

The PCP honors the person’s preferences, choices and abilities, while involving family, friends and professionals as the person desires or requires.

If, for any reason, an individual is being excluded from the PCP process that a consumer desires to be included, justification for the exclusion will be documented in the case record.

**Person-Centered Planning and CMHCM**

The process encourages formal and informal feedback from the individual about his/her supports and services, the progress made, and any changes desired or required.

The Person-Centered Plan includes a mutually agreed upon set of services and supports that the individual wants/needs and CMHCM has agreed to provide.

**Guiding Principles—8 Essential Elements**

The eight essential elements for person-centered planning include the following characteristics:

1. **Person-Directed.** The person directs the planning process (with necessary supports and accommodations) and decides when and where planning meetings are held, what is discussed, and who is invited.

2. **Person-Centered.** The planning process focuses on the person, not the system or the person’s family, guardian or friends. The person’s goals, interests, desires, and preferences are identified with an optimistic view of the future and plans for a satisfying life. The planning process is used whenever the person wants or needs it, rather than viewed as an annual event.
3. Outcome-Based. Outcomes in pursuit of the person’s preferences and goals are identified as well as services and supports that enable the person to achieve his or her goals, plans, and desires and any training needed for the providers of those services and supports. The way for measuring progress toward achievement of outcomes is identified.

4. Information, Support and Accommodations. As needed, the person receives comprehensive and unbiased information on the array of mental health services, community resources, and available providers. Support and accommodations to assist the person to participate in the process are provided.

5. Independent Facilitation. People have the information and support to choose an independent facilitator to assist them in the planning process. The facilitator chosen by the person must not have any other role within the CMHSP. CMHCM will make available a choice of at least two independent facilitators.

6. Pre-Planning. The purpose of pre-planning is for the person to gather all of the information and resources (e.g., people, agencies) necessary for effective person-centered planning and set the agenda for the process. Each person (except for those individuals who receive short-term outpatient therapy only, medication only, or those who are incarcerated) is entitled to use pre-planning to ensure successful PCP. Pre-planning, as individualized for the person’s needs, is used anytime the PCP process is used.

   The following items are addressed through pre-planning with sufficient time to take all necessary/preferred actions (i.e., invite desired participants):
   a. When and where the meeting will be held.
   b. Who will be invited (including whether the person has allies who can provide desired meaningful support or if actions need to be taken to cultivate such support).
   c. What will be discussed and not discussed.
   d. What accommodations the person may need to meaningfully participate in the meeting (including assistance for persons who use behavior as communication).
   e. Who will facilitate the meeting?
   f. Who will record what is discussed at the meeting.

7. Wellness and Well-Being. Issues of wellness, well-being, health and primary care coordination or integration, supports needed for a person to continue to live independently as he or she desires, and other concerns specific to the person’s personal health goals or support needed for the person to live the way they want to live are discussed and plans to address them are developed. If so desired by the person, these issues can be addressed outside of the PCP meeting.

8. Participation of Allies. Through the pre-planning process, the individual selects allies (friends, family members and others) to support him or her through the person-centered planning process. Pre-planning and planning help the individual explore who is currently in his or her life and what needs to be done to cultivate and strengthen desired relationships.
Designing the Individual Plan of Service

The individual plan of service will serve as a road map of the person’s dreams and desires. The PCP process allows the development of treatment strategies based on informed choice.

Treatment choices are informed by:

- The hopes, dreams, preferences, values, and desires of consumers (and natural supports, where appropriate);
- Health and safety needs and concerns of the individual;
- The availability or potential development of resources, such as natural supports and other resources;
- Funding source rules;
- Procedures matching mental health/developmental conditions to appropriate levels of treatment;
- Best practice standards; and
- Evidence-based alternatives.

**REVIEW:**

1. **True or False?** Person-Centered Planning will begin with input from the professionals working with the person.

   *False, it begins with the individual*

2. **True or False?** Person-Centered Planning Process does not apply to addendums or semi-annual reviews of progress.

   *False. The individual plan of service will serve as a road map of the consumer’s dreams and desires. The plan will respect the consumer’s preferences. It must speak to the consumer’s health and safety needs and concerns. Changes in amount, scope and duration such as extending the authorization period to accommodate rescheduling or correcting a data entry error that would generate a new addendum, requires a contact to the individual to offer the opportunity to meet and discuss these changes. If a consumer agrees to changes to the IPOS without wanting a PCP meeting to be held (e.g., correcting an error, extending an authorization), the caseholder shall record the contact in the electronic health record through a progress note. After changes to the IPOS have been documented in an addendum and discussed with the individual, the caseholder will provide the individual with a copy of the addendum letter, addendum, and the Action Notice and Hearing Rights.*

3. **True or False?** Once a person-centered plan is developed it never changes.

   *False. Planning is an ongoing process. The plan shall be updated as frequently as needed through ongoing reviews of progress and plan addendums. The consumer will be provided the opportunity for a person-centered planning meeting no less than annually. If a consumer has a significant change in functioning or level of need during their plan year, a full person-centered planning process will commence as directed by the consumer.*
What is Self-Determination?

Self-Determination is a natural development of the Person-Centered Planning process.

Self-Determination assures people with intellectual/developmental disabilities and/or mental illness the authority to make meaningful choices and control their own lives.

Without utilizing good Person-Centered Planning processes, self-determination is not possible.

It involves providing choices and new experiences.

Through experiencing choice, good decision-making can be learned. This process is helping a person to want more control over their lives.

Persons who want control over their services and supports budget, who want to hire and fire their own staff, and want to choose where and who they live with are leading a self-determined life.

Self-Determination enables all eligible individuals to assume responsibility for planning and spending for the supports necessary to live and participate in the community for purposes of achieving the individual’s Person-Centered Planning goals.

It provides freedom and authority to make choices regarding services and supports both formal and informal. CMHCM supports this right via Michigan’s Mental Health Code.

Therefore, CMHCM will support Self-Determination as a part of the Person-Centered Planning process.

A key component of Self-Determination:
   - Recovery is choosing and reclaiming a life full of meaning, purpose and one’s sense of self. People should be able to define what they need for a life they seek, have access to meaningful choices, and have control over their lives.

For this to happen, services and supports are to be used to:
   - Create connections
   - Develop real work opportunities
   - Facilitate meaningful community participation

CMHCM and Self-Determination

Self-Determination refers to a person’s rights to:

1. Direct their own services
2. Make decisions concerning their health and well-being
3. Be free from involuntary treatment
4. Have leadership roles in the design, delivery and evaluation of supports
5. Personal resolve and belief in one’s self-development and achievement of personally meaningful life goals
6. Self-management of disability
7. Economic independence and prosperity
8. The ability to advocate for oneself and find a place in the community.

References

Michigan Department of Community Health. Community Mental Health for Central Michigan Policy # 2.300.015.
Person-Centered Planning Training Verification

A Person-Centered Plan assists individuals to create a personalized image of a desirable future.

**Characteristics of All Person-Centered Plans:**

**Person-Directed** – The plan for the individual is that the person’s vision of what he or she would like to do. The plan is not static but rather it changes as new opportunities and obstacles arise.

**Capacity Building** – Planning focuses on the person’s gifts, talents and skills rather than on deficits. It builds upon the individual’s capacities and affords opportunities which will reasonably encourage individuals to engage in activities that promote a sense of belonging to the community.

**Person-Centered** – The focus is continually on the person for whom the plan is being developed and not on plugging the person into available slots in a program. The individual’s choices and preferences must be honored.

**Network Building** – Is the process of bringing people together who care about the person and are committed to helping the person articulate their vision of a desirable future. They learn together and invent new courses of action to make the vision a reality.

**Outcome-Based** – The plan focuses on increasing any or all of the following experiences which are based on the individual:

- Growing in relationships or having friends
- Contributing or performing functional/meaningful activities
- Sharing ordinary places or being part of their own community
- Gaining respect or having a valued role which expresses their gifts and talents
- Making choices that are meaningful and express individual identity

**Community Accountability** – The plan will assure adequate supports when there are issues of health and safety while respecting and according their dignity as a fully participating member of the community.

*There must be documentation that all staff have been trained on each Individual’s Person Centered Plan prior to the effective date of the PCP/Addendum. Consumer specific training is important and must not be overlooked. Any special training or in-service related to the individual needs of a consumer (or any aspect of their care) should be documented as “consumer specific training.” There is a section in the CenTrain training record that provides a place to document all consumer specific trainings.*
**Person-Centered Plan/Addendum Training Record Instructions**

The purpose of the Person-Centered Plan/Addendum Training Record is to document training on the Person-Centered Plan or Addendum.

Fields to complete:

- Consumer Name
- Date of Birth (DOB)
- Case Number
- Date of the Person-Centered Plan or Addendum
- Name of the Person Conducting the Training
- Date of the Training on the Person-Centered Plan or Addendum

Each provider of service should print their name in the “Name of Staff Attending” section to document the receipt of training on the Person-Centered Plan or Addendum.

The CMHCM staff overseeing the plan reviews the plan with at least one Provider staff, and signs and dates the form. The Provider staff member, who now takes on the role as trainer, should then train others who will be working with the consumer.

- Multiple staff and multiple dates can be on one training record, as long as the trainer remains the same
- There should be separate training records for each trainer, if the trainer changes.
- The date of the training needs to be at the top of the training record, or a date next to each staff member indicating when they were trained.

Keep a copy of the training in your records. Then, then scan the training record into CIGMMO and save as an attachment to the consumer’s Person-Centered Plan or Addendum.
Community Mental Health for Central Michigan

Person-Centered Plan/Addendum
Training Record

Consumer Name: ___________________________ DOB: __________ Case #: __________

Provider: ____________________________________________

Effective Date of PCP/Addendum: ________________

Trainer’s Name: ____________________________

Date of PCP/Addendum Training: ________________

☐ Consumer has an Advance Directive *(attached to PCP if completed)*
☐ Provider has read Consumer’s Advance Directive

The following staff were trained on the Person-Centered Plan/Addendum.

<table>
<thead>
<tr>
<th>Name of Staff Attending <em>(please print)</em></th>
<th>Name of Staff Attending <em>(please print)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reviewed by QMHP/QIDP Staff: ___________________________ Date: __________

CMHCM-163 (Revised 07/17/18)
Resources are available under the Provider tab on the CMHCM website: www.cmhcm.org

Self-Determination/Choice Voucher Resources

Listed below are resources for choice voucher participants and staff. Each of the trainings are to be read by staff and signed indicating that they have read and understand the training material. Once completed the signed training documents must be sent to the fiscal intermediary who will maintain a training record for each staff.

Choice Voucher Agreement Forms

Self Determination Agreement - For Adults
Choice Voucher Agreement - For Children
Criminal Background Check
Authorization for Recipient Rights Check
Employment Agreement
Purchase of Service Agreement
Self Determination Provider Agreement (Adults)
Medicaid Provider Assurance (Children)
Self-Determination/Choice Voucher Checklist

Self-Determination Implementation Technical Advisory

Choice Voucher System for Children
CMHCM Self-Determination Policy (2.300.003)

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Health Insurance Portability & Accountability Act (HIPAA)

This federal law was enacted in 1996 to improve the efficiency and effectiveness of health care, reduce administrative costs through standardization (especially of claims/billing), protect the rights of all consumers of healthcare, and ensure the privacy and security of health information. This act applies to mental health information as well as physical health and covers three main areas. They are Transactions (electronic billing), Privacy and Security.

CMHCM and members of the provider network need to comply with HIPAA practices.

All staff needs to be aware of the various parts of the privacy and security sections to assure protection of information of consumers and to comply with the law. The Privacy rule creates the first national standards to protect an individual’s medical records and other personal health information. Further, it gives consumers more control over their health information; sets boundaries on the use and release of health records; establishes appropriate safeguards that healthcare providers and others must achieve to protect the privacy of health information; holds violators accountable with civil and criminal penalties; and strikes a balance when public responsibility supports disclosure of some forms of data.

In general, the agency must:

✓ Inform consumers about their privacy rights and how their information can be used. This will be in the form of a Privacy Notice. The agency must also obtain written acknowledgement of the consumers’ receipt of the notice.
✓ Adopt and implement privacy policies and procedures.
✓ Train employees about HIPAA
✓ Designate an individual to be responsible for seeing that the privacy procedures are adopted and followed.
✓ Protect consumer records so that they are not readily available to those who do not need them.
✓ Follow the “minimum necessary” standard in using and disclosing health information.
✓ Assure that the agency has a HIPAA compliant agreement with “business associates” who have access to healthcare information.

What rights do consumers have under HIPAA Privacy?

In general, consumers have the right to:

✓ Receive a copy of the agency Privacy Notice
✓ Inspect and copy their case record
✓ A list of disclosures
✓ Request restriction on the use or disclosure of information
✓ Request confidential communications (for example- request not to have the agency send mail to their home address)

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
**Limited English Proficiency**

Why do we need to know about Limited English Proficiency (LEP)?

According to Michigan Association of Community Mental Health Boards (MACMHB), all Community Mental Health staff is required to know about accommodating persons with Limited English Proficiency (LEP). LEP is defined as an individual’s inability to speak, read, write or understand English at a level that permits effective interaction with health care providers.

We need to make sure that staff recognizes language limitations some consumers may have. We must be willing and prepared to help those where language is a barrier and obtain needed treatment and support. We can’t say “we don’t have an ethnic population in our area.” That would be indirect discrimination.

**The Legal Basis**

LEP compliance is our legal obligation; however there is no single LEP law. It’s a combination of existing laws, sets of regulations and court decisions. Plus, English is not the “official” language of the United States. It is common, but not the legal standard.

What are our obligations as a provider?

- We are required to examine our practices to assure there are no unintended barriers to LEP persons.
- We must provide language assistance to a consumer, at the level necessary, at no cost to the individual.
- We must provide interpreters who are competent in mental health terminology. They must also be committed to confidentiality requirements.
- We must have a plan that includes who we can contact for help with an LEP consumer.
- We must have access to a qualified interpreter.
- We must not allow minors, other consumers, or consumer’s family members or friends to act as interpreters. This is only acceptable in emergency situations. If the consumer chooses a family member or friend, after they have been informed of their right to free language assistance, it must be documented with the consumer’s sign-off.

Which languages are relevant to LEP?

- Clare- German (111)
- Gladwin- German (96)/West German (124)
- Isabella- Spanish (251), German (134)
- Midland- Spanish (111), German (206)
- Mecosta- Spanish (171), German (111)
- Osceola- All numbers less than 100

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Cultural Competence and Diversity in the Community

Communities are made up of a variety of people. These people are all different in many ways. A diverse community could be compared to a quilt made up of many pieces of different kinds of cloth and patterns all bound together to form a single unit. It is important to understand, manage and value diversity in the community.

Some diversities include:
- Gender
- Race
- Sexual Orientation
- Age
- Ethnicity
- Physical Abilities

You may have found other diversities in people you have worked with or known.

Diversity education is not about “conforming” or all becoming like each other. It is about valuing diversity. Allowing, respecting and appreciating differences are all benefits that will enhance relationships in a work or community environment. Different perspectives can enhance lives and boost morale. We can learn from each other’s unique ideas and perspectives; we can all appreciate diversity.

Prejudice is not just about race. It is a natural human emotion. We all have a tendency to fear or distrust people and ideals that are different to us, or what we have grown accustomed to. It is important to learn ways of overcoming this fear so we can accept each other for who we are. We all have the right to be treated with respect and equality.

Some good pointers for communication in a diverse community are:
- Openness
- Active listening
- Respectful language
- Sensitivity

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
First Aid Training

www.ecprcertification.com

After submitting the exam, a page will appear indicating the number of correct answers out of the 22 questions. A score of 18 or more correct is required to pass.

First Aid/CPR training requires a certificate of completion or First Aid/CPR card. Complete the order form and follow the instructions to purchase.

Most CPR/FA programs offer a card or certificate of completion, which includes an expiration date. Other sources for CPR/FA training include:

- Red Cross
- American Heart Association
- Green Cross
- American Health and Safety Institute
- ProCPR & ProFirstAid.
Infection Control/Blood Borne Pathogen Training

Infection control is preventing the spread of germs that cause illness and infection. Infection control starts with understanding germs and how they are spread.

ABOUT GERMS
Everyone comes in contact with millions of germs (microorganisms) each day. All germs need warmth, moisture, darkness and oxygen to live and grow. Many germs are harmless and are needed for our bodies to function in a healthy way. For example: elimination of waste products, (feces and urine) from our bodies. Some germs are very harmful and cause infections, diseases, and illnesses by rapidly multiplying and overwhelming the body’s natural defenses. An infection can be local in one spot, like an infected cut, or it can be systemic; throughout the whole body, like food poisoning or pneumonia.

THREE WAYS GERMS ARE SPREAD
Germs are spread in the environment three ways: direct contact, indirect contact, and droplet spread.

1. Direct Contact means that germs are spread from one infected person to another. An example of direct contact is the person infected with a cold putting his hands to his mouth while coughing or sneezing and then touching or contacting another person before he has washed his hands. A similar situation happens when the person has an infected or open sore or wound or bodily fluids that are full of germs (feces, urine) or blood (HIV, AIDS, Hepatitis A, B, or C) or saliva that is contaminated, and the other person is contacted directly by the germs.

2. Indirect Contact means that germs are spread from one infected person to another person through an object. The germ from the person infected contaminates the object, and the person who touches the object is then contaminated. Indirect contact is a common way for germs to spread between people who live, work and play together. The spread of germs though indirect contact can happen when eating contaminated food (E. coli, salmonella), handling soiled linens, soiled equipment, using soiled utensils, or from a gastrointestinal infection. The Hepatitis B virus can live up to 10 days in dried blood and can also be spread indirectly.

3. Droplet Spread means that germs are spread through the air from one infected person to another person. The germs are airborne and are carried over short distances. When people talk, cough or sneeze they are spreading germs through the air. The germs of the common cold, flu, and even tuberculosis travel from one person to another by droplet spread.

CONTROLLING THE SPREAD OF GERMS
Knowing how germs are spread is the first step in practicing infection control and preventing illness. Knowing how to control the spread of germs is the second step. You can protect yourself and the individuals with whom you work from germs or contamination by doing the following:

1. Know and practice stand precautions (defined in next section), especially hand washing and gloving.
2. Keep yourself, the individual, and the environment clean.
3. Be aware of the signs and symptoms of illness and infection and accurately record and report them to the doctor.
STANDARD PRECAUTIONS

Standard Precautions, including hand washing and using disposable gloves and wearing of personal protective equipment, protect both the individual you work for and you from the spread of germs and infection. Standard precautions are a set of infection control safeguards. They are especially important to prevent the spread of blood-borne and other infectious diseases (AIDS, Hepatitis A, B, and C).

You should use these precautions when coming in contact with blood and all body fluids, secretions, and excretions (urine and feces), whether or not they contain visible blood; when touching mucous membranes such as the eyes or nose; and when dealing with skin breakdown such as a cut, abrasion, or wound.

Body Fluids Include:

- Blood
- Blood Products
- Semen
- Vaginal Secretions
- Septum
- Saliva from Dental Procedures
- Urine
- Feces
- Secretions
- Nasal Secretions
- Excretions
- Vomit

Hand Washing

Frequent, thorough, and vigorous hand washing will help in decreasing the spread of infection.

Germs are spread more frequently by hands and fingers than by any other means.

When employee’s SHOULD WASH THEIR HANDS:

- Employees should wash their hands when they come to work and before leaving.
- Hands should be washed at work before touching:
  - Food
  - An individual’s medicine
  - Kitchen utensils and equipment
  - Someone’s skin that has cuts, sores, or wounds
  - Before putting on disposable gloves
- Employee’s should always wash their hands after:
  - Using the bathroom
  - Sneezing, coughing, or blowing one’s nose
  - Touching one’s eyes, nose, mouth, or other body parts
  - Touching bodily fluids or excretions
  - Touching someone’s soiled clothing or bed linens
Gloving

Practicing standard precautions also includes the wearing of disposable (single use) latex gloves whenever you come in contact with body fluid. (Non-latex gloves should be purchased for people who are allergic to latex.) Putting on disposable gloves and taking them off correctly is especially important in preventing the spread of germs and infection. Gloves should be used only one time and changed after each use. New gloves should be put on each time you work with a different individual. Used or contaminated gloves should be thrown away. Gloves become contaminated after each use and can spread germs between individuals if used more than once and if they are not properly disposed of.

If bodily fluids or blood touches the skin, wash the area vigorously and thoroughly with soap and warm water. If the gloves tear or break, take them off and vigorously wash your hands. Put on a new pair of gloves and continue assisting the individual.

- Employees should follow procedure for putting on disposable gloves at the end of this unit.
- Employees should always use gloves when providing or assisting an individual with:
  - Rectal or genital care
  - Tooth brushing or flossing
  - Menstrual care
  - Bathing or Showering
  - Cleaning bathrooms
  - Cleaning up urine, feces, vomit, or blood
  - Cleaning toilets, bed pans or urinals
  - Providing wound care
  - Handling soiled linen or clothing
  - Giving care when the DSP has open cuts or oozing sores on his/her hands
  - Providing first-aid
  - Disposing of waste in leak proof, airtight containers

- Always use a new pair of gloves for each activity
- Always use a new pair of gloves for each individual
- Always wash your hands before and after using gloves
- Never wash and use again

Since hand washing can easily dry out a person’s skin, remember to apply hand lotion or cream often throughout the day. It is a best practice to keep natural nails short and avoid the use of artificial nails when providing personal care. Many hospitals have banned artificial and natural long nails for employees who provide personal care. Research has shown that healthcare workers who wear artificial nails are more likely to harbor germs than those who don’t. Employees with long nails are at risk of puncturing or tearing disposable gloves. Alcohol based hand rubs or hand sanitizers may also be used. They provide a great alternative to hand washing for the following reasons:

- Alcohol based hand rubs (foam or gel) kill more effectively and more quickly than hand washing with soap and water.
- They are less damaging to skin than soap and water, resulting in less dryness and irritation.
- They require less time than hand washing with soap and water.
- Bottles/dispensers can be placed at the point of care so they are more accessible.
Other Protective Equipment

Depending on your job, you may be expected to wear other Personal Protective Equipment (PPE), such as a face mask or eye shields. The type of PPE used will vary based on the level of precautions required; e.g., Standard and Contact, Droplet or Airborne Infection Isolation. Employees should always remember to:

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

If you must use PPE you should put the equipment on in the following order:

- **Gown** – Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back. Fasten in back of neck and waist. Wear a gown during procedures that are likely to generate splashes or sprays of blood, bodily fluids, secretions, or excretions. Remove soiled gown as soon as possible, and wash hands after removing gown.

- **Mask or Respirator** – Secure ties or elastic bands at middle of head or neck. Fit flexible band to nose bridge. Fit snug to face and below chin. Check respirator fit.

- **Goggles or Face Shield** – Place over face and eyes and adjust to fit. Wear a mask and eye protection, or a face shield, during procedures that are likely to generate splashes or sprays of blood, bodily fluids, secretions or excretions.

- **Gloves** – Extend to cover wrist of isolation gown. You should use gloves when hands may become contaminated with blood, bodily fluids, excretions, or secretions, or when touching mucous membranes or non-intact skin, or contaminated surfaces or objects.

If this equipment is required in your work setting you should receive training on the location, proper use and disposal of the PPE.

Cleaning and Disinfecting

The second way for employee’s to prevent the spread of germs is through cleaning and disinfecting the environment. Employees should be careful not to transfer infection to others and equally important, employees should be careful not to become infected themselves.

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Safety & Fire Prevention

As a Direct Support Professional (DSP), you must understand how to react to a fire or smoke emergency when you are work.

- Evacuation is your absolute FIRST PRIORITY in a fire or smoke emergency. GET PEOPLE OUTSIDE!
- EVACUATE IMMEDIATELY – Time is the most important factor!

If you smell smoke, see flames or smoke, or hear the fire alarm you must evacuate immediately! If any of those above situations occur do not consider it a “false alarm,” just evacuate!

- Do not look for the fire! Do not attempt to fight the fire! A fire doubles in size every 19 seconds! Just get out! Go to your designated meeting place.
- Do not waste time getting people dressed!
- Do not try to save property or possessions!
- Encourage the person you work for to have regular fire drills to prevent panic and assure proper action in an actual emergency.

DON’T RE-ENTER THE HOME - once you are out, stay out! Call the fire department and other emergency numbers from a neighbors or a cell phone.

FIRE EXTINGUISHMENT

Never use a fire extinguisher to put out a fire! Putting out a fire is the job of a professional fire fighter! The only two reasons you should ever use a fire extinguisher are:

1. RESCUE – if you need to get to someone to evacuate them and there is a fire between you and them.
2. ESCAPE – a fire may be blocking your exit and you need to use the extinguisher to suppress the flames long enough to get the person out.

An ABC (multi-purpose) extinguisher will put out most fires that start in a home. An extinguisher is useless unless you know how to operate it.

Using a fire extinguisher:

1. Hold extinguisher upright. Pull the pin out.
2. Stand at least 6-8 feet from the fire. Do not get closer!
3. Aim the nozzle at the base of the fire and squeeze the handles.
4. Sweep side to side slowly, moving closer as the flames diminish.

Fire extinguishers last only about 8-10 seconds! Fires can and do re-ignite. If you need to use an extinguisher for RESCUE or ESCAPE do it quickly and GET OUT!
HOME SPECIFIC PROTECTION PLAN

Encourage the people you work with to design a protection plan. All staff should review the protection plan for the home. Be sure you know all of the following information!

✓ Specific evacuation procedures for all people who reside in the home. Do they need assistance to get into a wheelchair? Are they unsteady at night? Do they take medications that may reduce the chance they would hear a smoke detector in the night? Do they sleep without hearing aids?
✓ Evacuation procedures staff must follow for each person living in the building – know your role!
✓ Location of the meeting area or destination where the “head count” is completed. This area should be just outside the primary exit door – in case someone is not accounted for.
✓ Location of the place of safety. This is a place far enough away from the home to keep everyone safe from the fire and emergency vehicles. It should be in the front of the home if possible.
✓ Primary exits from all rooms.
✓ Alternate exits.
✓ Where your emergency kit bag is located and what you will need in it if you have to evacuate suddenly.
✓ Emergency numbers and who should be contacted.

Each protection plan should contain KNOWLEDGE OF FIRES section. This is the information all Direct Support Professionals must know!

KNOWLEDGE ABOUT FIRES

A. GENERAL KNOWLEDGE:

1. The absolute FIRST PRIORITY in a fire emergency is to evacuate everyone in the home.
2. Time is the most import factor in a fire. Any delay may increase the danger, and decrease people’s chance to escape.
3. CLOSING THE DOORS on the way out will help contain smoke and fire spread – giving more time for evacuation.
4. Smoke rises – KEEP LOW! Smoke is the real killer in fires.
5. Once everyone is out – do not re-enter the house!

B. FIRE EXTINGUISHMENT:

1. No attempt should be made to fight a fire except:
   a. To create an escape route, if trapped, OR
   b. To rescue someone who is trapped
2. How to use a Fire Extinguisher:
   i. Hold the extinguisher firmly upright and pull the pin
   ii. Stand 6 – 8 feet from the fire – no closer.
   iii. Aim the nozzle at the base of the fire and squeeze the handles.
   iv. Sweep slowly in a side to side motion and move forward as the flames subside.
   v. Fires can re-ignite! Get Out!!!!!!
C. IF YOU ARE TRAPPED:
   1. Close the room door and stuff bedding, clothes, etc., under the door.
   2. Open a window for air. You may have to break it.
   3. Stay close to the floor to avoid smoke.
   4. Make noise or hang something out the window to let people know where you are.

It is important to know what to do in a fire emergency. Learning the correct action could save your life!

Most people die or are injured in a fire for the following reasons:
   • They do not have sufficient warning.
   • They do not evacuate immediately.
   • Once they are out, they go back into the house for some reason.

FIRE PREVENTION IS KEY TO A SAFE ENVIRONMENT!

SMOKE DETECTORS – Provide Warning
   • Have enough working smoke detectors to provide warning. There should be a minimum of one on every level and outside sleeping areas. Smoke detectors are recommended inside bedrooms, especially if a person sleeps with their door closed.
   • Make sure that smoke detectors are properly placed. See manufacturer instructions.
   • Test the detectors monthly. Testing them on the first day of each month will help you remember.
   • Replace batteries at least once per year. Do this on a birthday or a holiday so that you won’t forget.
   • Replace the entire detector every 5 years or as recommended in the manufacturer instructions. When you purchase a detector you should write the install date on the inside cover in permanent marker.
   • Don’t take the battery out of a smoke detector! If you are having nuisance alarms, check to see if the detector is located too close to an area that would cause problems such as the kitchen or bathroom.

FIRE DRILLS:
Fire drills are strongly recommended for all people. This helps all remain calm and organized when responding to an actual fire or smoke emergency. Participating in enough fire drills to be efficient and well-practiced in the event of an emergency is always a good safety practice.

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Sensitivity Training: Hearing Loss

Deafness and Hard of Hearing:

- The Center for Disease Control and Prevention (CDC) refer to hard of hearing conditions as those that affect the frequency and/or intensity of one’s hearing.
- Although the term “deaf” is often mistakenly used to refer to all individuals with hearing difficulties, it actually describes a more limited group.
- According to the CDC, “deaf” individuals do not hear well enough to rely on their hearing to process speech and language.
- Individuals who are hard of hearing differ from deaf individuals in that they use their hearing to assist in communication with others.

Deafness and Hearing Loss Definitions:

**Hearing loss:** Decrease in hearing sensitivity in one or both ears. It can be caused by many physical conditions such as childhood illness, heredity, injury, age, or prolonged exposure to noise. Hearing can vary with mild to moderate loss. Individuals may be able to hear sound but have difficulty distinguishing specific speech patterns in a conversation.

**Deafness:** Profound or total loss of hearing in both ears resulting in not hearing well enough to rely on hearing to process speech and language.

Preferred Terminology by those with hearing loss:

Acceptable to Neutral terminology:

- A person who has a speech disorder
- Deaf
- Hard of hearing

Unacceptable to Offensive:

- Deaf and dumb
- Deaf mute
- Hearing impaired
- Hearing Loss

Hearing loss can affect an individual in the way they experience sound, communicate with others, and view their hearing loss.

For example, some individuals who develop hearing losses later in life find it difficult both to adjust to a world with limited sound and to adopt new behaviors that compensate for hearing loss. As a result, they may not use American Sign Language (ASL) or other communication methods at all. They may not be as proficient as individuals who experience hearing loss at birth or at a very young age.

Revised: 6/5/19
Barriers to Accessing Health Care

People with hearing loss have challenges accessing health care. For various reasons, the method of communication that suits them best may not be understood or accommodated by the health care provider resulting in poor engagement. Barriers can be related to:

- Access
- Attitude
- Competency
- Safety risk
- Potentially poor care
- Stress

Factors That Influence Understanding of What is Being Said

<table>
<thead>
<tr>
<th>LISTENER:</th>
<th>SPEAKER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of hearing loss</td>
<td>Voice intensity</td>
</tr>
<tr>
<td>Type of hearing loss</td>
<td>Voice projection</td>
</tr>
<tr>
<td>Use of hearing aid</td>
<td>Rate of speech</td>
</tr>
<tr>
<td>Use of assistive listening devices</td>
<td>Clarity of speech</td>
</tr>
<tr>
<td>Attention level</td>
<td>Facial expression</td>
</tr>
<tr>
<td>Motivation to hear</td>
<td>Body language</td>
</tr>
<tr>
<td>Expectations</td>
<td>Foreign accent</td>
</tr>
<tr>
<td>Emotional state</td>
<td>Facing listener</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Monotonous tone</td>
</tr>
<tr>
<td>Distracting sensations</td>
<td>Beard/mustache</td>
</tr>
<tr>
<td>Distracting thoughts</td>
<td>Emotionality</td>
</tr>
<tr>
<td>Speechreading skills</td>
<td>Mannerisms</td>
</tr>
<tr>
<td>Tinnitus</td>
<td>Objects in mouth</td>
</tr>
<tr>
<td>Tension Level</td>
<td>Interest of message</td>
</tr>
<tr>
<td>Manual communication</td>
<td>Relationship to listener</td>
</tr>
<tr>
<td></td>
<td>Quality of interpreter</td>
</tr>
<tr>
<td></td>
<td>Quality of typist</td>
</tr>
</tbody>
</table>
Maximizing the Hard of Hearing (HOH) Person’s Ability to Participate in Conversation

Guidelines for Better Communication

Tips for a good listening environment:

- Decrease background noise whenever possible; move away from fans and noisy machines
- Modify lighting and seating arrangement; this may require you to change old habits about where you sit
- Provide good lighting—keep light on your face, not behind you otherwise it causes a harsh glare/shadow that makes lip reading difficult
- Encourage groups to sit closer to the speaker and to each other
- Make sure only one person speaks at a time

Guidelines for Better Communication

Tips for the Speaker:

- Face to face communication is the easiest; don’t call someone from another room; move closer to the listener and get their attention before speaking
• Continue to face the listener while speaking; don’t turn away

• Be patient with listeners

• Remember there is a logical reason behind most lip reading errors and listening errors.

• Encourage them to wear hearing aids; offer help with obtaining assistive listening devices at lecture sites, theaters, and places of worship

• Ask questions using an “either-or” format, or a “yes-no” format

• Try to be understanding and caring when someone with a hearing problem asks you to help them understand better

• Repeat or rephrase information if the listener appears to have misunderstood

• Give important information to the listener in writing to be used later as a reference

• In a group situation, repeat questions or comments before responding

• If someone joins a conversation in progress, give the newcomer a short summary of the topic before proceeding with your discussion

• Be flexible with types of cues, paraphrasing, and clarifications you give; when changing topics, make sure listener is aware of the new topic

• Remember it takes two people to hold a conversation and both people have to do their part to make a conversation work

• Communicating with Deaf or Hard of Hearing Individuals

• It is appropriate to tap a person who is deaf gently on the arm or shoulder to gain their attention.

• Look directly at the individual, face the light, speak clearly, in a normal tone of voice, and keep your hands away from your face. Use body language; it offers important clues about what you are saying. Don’t shout or speak too loudly.

• Ask about the best way to communicate, and arrange for a sign language interpreter if needed. If the person uses an interpreter, speak directly to the person who is deaf, not the interpreter.

• When calling an individual who is hard of hearing, let the phone ring longer than usual. Speak clearly and be prepared to repeat who you are, and the reason for the call if asked.
Communicating with Deaf or Hard of Hearing Individuals

- Rephrase rather than repeat. If the person did not understand you, then try using different words to express your ideas. Short sentences tend to be understood better.

- Ask information about their hearing loss and listening needs. Ask for tips on how you should speak and what you can do to facilitate communication.

- Many people who are deaf prefer to use text messaging or Video Relay Service to communicate. The phone number you dial may be a relay operator that will use ASL to communicate your information.

- TTY is not as common, but still used by some. If you do not have ready access to a TTY you can dial 711 to reach the national telecommunications relay service, which facilitates the call between you and an individual who uses a TTY.

- Ask the person what method they prefer. Never assume the same method works best for everyone.

Resources for Deaf and Hard of Hearing Consumers

Additional resources specific to Behavioral Health Services can be accessed via the following website:

http://www.deafcan.org/behavioral-health-services.html

Resources


You have finished reviewing the Sensitivity Training on Hearing Loss. Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Many of the “most difficult” individuals in your homes have experienced complex trauma.

✓ Trauma can affect an individual’s behavior, feelings, relationships, and their view of the world in profound ways
✓ An individual’s traumatic stress reactions and other responses to trauma can disrupt a home environment
✓ It’s not the answer to everything, but it’s another piece of the puzzle.
✓ It’s not an excuse, but it may be an explanation

What is Trauma? A traumatic experience:

- Threatens the life or physical integrity of a child or of someone critically important to that child (such as a parent, grandparent, or sibling)
- Causes an overwhelming sense of terror, helplessness, and horror
- Produces physical changes such as pounding heart, rapid breathing, trembling, dizziness, or loss of bladder or bowel control

Types of Trauma

➢ **Acute Trauma**: A single event that lasts for a short time
➢ **Complex Trauma**: The experience of multiple traumatic events.

The term *Complex Trauma* is used to describe a specific kind of chronic trauma and its effects on children and adults:

- Multiple traumatic events that begin at a very young age
- Events caused by the actions, or inactions, of adults who should have been caring for and protecting the child

Over time, *Complex Trauma* can get in the way of healthy development and affect the individual in the following ways:

- Ability to trust others
- Sense of personal safety
- Emotional reactions and ability to manage emotions
- Ability to navigate and adjust to life’s changes
- Physical and emotional responses to stress

Factors that influence responses to a traumatic event include:

- Age and developmental stage
- Perception of the danger faced
- Past experience with trauma
- Challenges faced after the trauma
- Presence and availability of adults who can offer help, reassurance, and protection
Responses to Trauma:

➢ Hyperarousal:
  • Nervousness, jumpiness, quickness to startle

➢ Re-experiencing:
  • Intrusive Images, sensations, dreams
  • Intrusive memories of the traumatic event or events

➢ Avoidance and withdrawal:
  • Feeling numb, shut down, or separated from normal life
  • Pulling away from activities and relationships
  • Avoiding things that prompt memories of the trauma

What are some examples of reminders of trauma?

- Screaming or shouting
- The sight of blood
- The dark
- An angry expression on an adult’s face
- Seeing another child get hurt
- The color red
- The smell of alcohol
- Having to go to the bathroom
- Shadow on the wall
- Scar
- Stomachache or headache
- Being dropped off at school
- Losing a tooth
- Santa Claus
- Seeing a group of young men hanging out on a street corner

Talking about Trauma

➢ Talking about certain events all the time
➢ Bringing up the topic seemingly “out of the blue”
➢ Be confused or mistaken about details
➢ Remember only fragments of what happened

What you might see:

➢ Problems with concentrating, learning, or taking in new information
➢ Difficulty going to sleep or staying asleep; nightmares
➢ Emotional instability; moody, sad, angry or aggressive, etc.

Traumatized Young Children:

- Be very sensitive to loud noises
- Revert to behaviors they had previously outgrown (e.g., thumb sucking), or lose skills they had developed (e.g., toilet training)
- Be clingy and unwilling to separate from familiar adults
- Resist leaving places where they feel safe
- Reject or avoid being touched
- Be confused about what’s dangerous and who to go to for protection

Traumatized School-Age Children:

- Alternate between being shy and withdrawn and unusually aggressive
- Have difficulties with learning
- Demand attention (increased demands for food, toys, etc.)
• Revert to old behaviors (wanting adults to feed or dress them, baby talk)
• Show specific anxieties and fears (such as fear of the dark)

Traumatized Adolescents or Adults:

• Live “in the moment” and have trouble imagining or planning for the future
• Over or underestimate danger
• Behave in aggressive or disruptive ways
• Abuse drugs or alcohol
• Engage in reckless or self-destructive behaviors, including “cutting” and risky sexual behaviors

What about Post-Traumatic Stress Disorder?

Post-Traumatic Stress Disorder (PTSD) is diagnosed when the person displays several traumatic stress reactions, the reactions persist for a long period of time, and the reactions get in the way of living a normal life.

Getting Development Back on Track!

✓ Trauma survivors can learn new ways of thinking, relating, and responding
✓ Rational thought and self-awareness can help children override primitive brain responses
✓ Unlearning and rebuilding takes time

What is Safety?

Physical safety is not the same as Psychological safety. To feel psychologically safe, individuals need:

• To feel oriented in their own environment
• To have control over some aspects of their lives
• To know what will happen next
• To be seen and appreciated for who they are
• To have a sense of connection and continuity with their past.

Individuals who have been through trauma are less likely to feel safe than others who have not experienced trauma. These individuals may have real life worries pertaining to safety:

• Will my stepfather seek revenge because I got him arrested?
• Will my sister be okay in her abusive marriage?
• Will my mom get so depressed without me to cheer her up that she goes back to drugs?

Rules and Control

When explaining House Rules:

✓ Don’t overwhelm  ✓ Stress Protection  ✓ Be Flexible

Provide Opportunities for control within limits, by providing an individual control over:

✓ Environment  ✓ Self  ✓ Activities
Look Forward - Let the individual know what will happen next, such as:

- Location and schedule for the day
- Upcoming doctor or dentist visits
- Timing and location of mental health treatment
- Legal proceedings, court dates, etc.
- Contact with caseworker and other members of the team

Be an “Emotional Container”

➢ Be willing and prepared to tolerate strong emotional reactions
➢ Respond calmly but firmly to emotional outbursts
➢ Help identify sometimes-frightening feelings
➢ Let them know that these feelings are okay

Physical Boundaries

Individuals who have been neglected and abused may:

- Have never learned that their bodies should be cared for and protected
- Feel disconnected and at odds with their bodies
- See their bodies as “vessels of the negative memories and experiences they carry, a constant reminder not only of what has happened to them but of how little they are worth.”

Recovering from Trauma: The Role of Resilience

Resilience is the ability to recover from traumatic events. In general, individuals who are resilient:

✓ See themselves as safe, capable, and loveable
✓ See the world, and life, as manageable, understandable, and meaningful

Recovering from Trauma: Growing Resilience

Some factors that can increase resilience include:

✓ A strong relationship with at least one competent, caring adult
✓ Feeling connected to a positive role model/mentor
✓ Having talents/abilities nurtured and appreciated
✓ Feeling some control over one’s own life
✓ A sense of belonging to a community, group, or cause larger than oneself

Coping with Trauma Reminders

Plan Ahead - Help the individual to develop a plan for coping when faced with reminders:

STOP:
- Stop and take several long, deep breaths

ORIENT:
- Look around and take in where you are right now
- Note what’s going on in your body

SEEK HELP:
- Use a “stress buster” to help you calm down
- If needed, call a friend or adult you can trust
• Practice Square Breathing:

![Square Breathing Diagram]

Encourage positive behaviors:

✓ “Catch” others good moments
✓ Praise, Praise, Praise!
  • Be specific
  • Be prompt
  • Be Warm
✓ Strive for at least six praises for every one correction

Encourage and support the individual’s strength and interests:

✓ Offer choices whenever possible
✓ Let others “do it themselves”
✓ Recognize and encourage unique interests and talents
✓ Help master a skill

Correct and Build

When correcting negative or inappropriate behavior and setting consequences:

• Be calm, clear, and consistent
• Target one behavior at a time
• Keep age (AND “emotional age” in mind…exposure to trauma can stunt emotional development!
• Help with understanding links between thoughts, feelings, and behaviors
• Help with understanding consequences of behavior (relevant to them, not you!)
• Help with identifying alternatives to problem/negative behaviors
• Encourage practice of techniques for changing negative thoughts and calming runaway emotions

Myths to Avoid

• If I love this person enough, I can erase the effects of everything bad that has happened before.
• They will be grateful for what I’m doing.
• They will love me as much as I love them.
• If they reject me, I’m a failure.
• They shouldn’t love the parent or person who abused him or her.
When Others Trauma Becomes Your Own

Exposure may cause:

- Intrusive images
- Nervousness or jumpiness
- Difficulty concentrating or taking in information
- Nightmares, insomnia
- Emotional numbing
- Changes in your worldview (how you see and feel about your world)
- Feelings of hopelessness, helplessness
- Anger at society or even at God
- Feeling disconnected from loved ones
- You may respond inappropriately or disproportionately, withdraw, or avoid trauma material

When Other’s Trauma is a Reminder

- Recognize the connection between other’s trauma and your own history
- Distinguish which feelings belong to the present and the past
- Be honest with yourself and others
- Take a timeout
- Seek support
- Seek trauma-focused treatment—It’s never too late

Self-Care Basics

Take care of yourself!

✓ Get enough sleep
✓ Eat well-balanced meals, not on the run
✓ Use alcohol only in moderation
✓ Exercise regularly
✓ Take regular breaks from stressful activities
✓ Laugh every day
✓ Spend some time alone

What do you do every day, just for you?

✓ Walk the dog
✓ Play with the cat
✓ Exercise
✓ Pray
✓ Meditate
✓ Read a romance novel
✓ Write in a journal
✓ Chat with neighbors
✓ Breathe deeply

You have finished reviewing the Trauma Informed Care training. Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
Appeals & Grievances Training

Guidelines:
➢ Consumers have the right to file a grievance.
➢ If an adverse determination has been made to previously authorized services, a consumer can request an appeal.
➢ Applicants can request a Second Opinion and they must be informed of that right at the time services are authorized or denied.
➢ Applicants and consumers will be informed of their right to access various appeal processes.

Definitions:
➢ Applicant: An individual seeking admission to mental health services from the department, a community mental health services program, or a facility or from a provider that is under contract with the department or a community mental health services program
➢ Enrollee: A Medicaid beneficiary who is currently enrolled in a Community Mental Health Services Program, Managed Care Organization, Prepaid Inpatient Health Plan, Pre-paid Ambulatory Health Plan, Primary Care Case Management (PCCM), or PCCM entity in a given managed care program
➢ Consumer: Broad, inclusive reference to an individual receiving mental health services delivered and/or managed by CMHCM, including Medicaid beneficiaries, and all others receiving CMHCM services
➢ Recipient: An individual who receives mental health services from the department, a community mental health services program, or a facility or from a provider that is under contract with the department or a community mental health services program

Grievances:
A grievance is any expression about service issues other than “determinations.” Consumers have the right to express dissatisfaction with their services, supports, or staff.
• To file a grievance, consumers may contact CMHCM Customer Service.
• An independent reviewer will review the documentation and facilitate a resolution or make a decision.

Local/Internal Appeals:
Appeals are initiated by a determination defined as a decision that adversely impacts a consumer’s claim for service (Adverse Benefit Determination).
• Reduction, suspension or termination of services
• Denial of consumer’s request for more or additional services
• Failure to provide services within 14 calendar days of the start date agreed upon during the PCP process.

If a determination occurs, staff provides the consumer with a Notice of Benefit Determination (NBD):
• NBD is required for reduction, suspension or termination of services at least 10 days prior to the date of the determination.
• Adequate notice is required at the time of the PCP or decision.

Can an appeal be expedited?
Local/internal appeals may be expedited if the standard time frame may seriously jeopardize the consumer’s life or health, or ability to attain, maintain, or regain maximum function.
• Expedited timeframe for Medicaid beneficiary is 72 hours from request.
• Expedited timeframe for non-Medicaid is 3 days from request.
Grievance & Appeal Time Frames:

<table>
<thead>
<tr>
<th>Dispute Type</th>
<th>Medicaid</th>
<th>Non-Medicaid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local appeal filed</td>
<td>60 days to request</td>
<td>30 days to request</td>
</tr>
<tr>
<td>Local appeal resolution</td>
<td>30 days to resolve</td>
<td>45 days to resolve</td>
</tr>
<tr>
<td>Local appeal resolution (expedited)</td>
<td>72 hours</td>
<td>3 days</td>
</tr>
<tr>
<td>Grievance request filed</td>
<td>At any time</td>
<td>At any time</td>
</tr>
<tr>
<td>Grievance resolution</td>
<td>90 days</td>
<td>60 days</td>
</tr>
<tr>
<td>Appeal resolution to request State Fair Hearing</td>
<td>120 days</td>
<td>N/A</td>
</tr>
<tr>
<td>Appeal resolution to request ADR</td>
<td>N/A</td>
<td>10 days</td>
</tr>
<tr>
<td>NBD provided/mailed to consumer</td>
<td>10 days</td>
<td>30 days</td>
</tr>
</tbody>
</table>

State Fair Hearings:
Medicaid consumers have the right to request a State Fair Hearing after receiving an upheld disposition from a local appeal.
- The request must be in writing using the Request for Medicaid Enrollees or Waiver Applicants form
  - This form will be provided as an enclosure with their local appeal disposition letter
- CMHCM staff may assist if requested

Alternative Dispute Resolution for Non-Medicaid Consumers:
All contact information to file a grievance, appeal, Alternative Dispute Resolution and/or Second Opinion appear in the Notice of Benefit Determination.
- Non-Medicaid/GF consumers cannot request a continuation of services – this is only a Medicaid requirement
- The individual has 10 days from receiving the outcome of the CMHCM Local Appeal to request the MDHHS Alternative Dispute Resolution process.

Second Opinions:
Applicants have the right to a Second Opinion when they are denied the following by the Assessment Specialist or the Crisis Intervention Team (CMIT):
- Services
- Hospitalization
- Request for Family Support Subsidy
- At the time of denial, applicants will be given a Notice of Benefit Determination, which could also be mailed to the applicant, guardian, or parent of a minor.
- The Notice of Benefit Determination informs applicants of their right to request a Second Opinion by calling Customer Service. The Customer Service Coordinator will assist the applicant in submitting the request to the Executive Director.
- The Executive Director will facilitate the Second Opinion process.

CMHCM Customer Service Coordinator
301 South Crapo, Suite 100
Mt. Pleasant, MI 48858
(989) 772-5938 or (800) 317-0708 or Michigan Relay 7-1-1

Remember, this course is NOT complete until you sign, date, and submit the form documenting completion.
I have read and understand the training regarding Recipient Rights and Requirements for Reporting Abuse & Neglect

Signed: ____________________________ Date: __________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training regarding Person-Centered Plans & Self-Determination

Signed: ____________________________ Date: __________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training on Corporate Compliance, Ethics & Deficit Reduction Act.

Signed: ____________________________ Date: __________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training on Health Insurance Portability & Accountability Act (HIPAA)

Signed: ____________________________ Date: __________________
Print Name: ________________________________
My Employer: ________________________________
I have read and understand the training on Limited English Proficiency (LEP)

Signed: _________________________________  Date: __________________

Print Name: ____________________________________________________________________

My Employer: __________________________________________________________________

I have read and understand the training on Cultural Competence and Diversity

Signed: _________________________________  Date: __________________

Print Name: ____________________________________________________________________

My Employer: __________________________________________________________________

I have read and understand the training regarding Infection Control/Blood Borne Pathogens.

Signed: _________________________________  Date: __________________

Print Name: ____________________________________________________________________

My Employer: __________________________________________________________________

I have read and understand the training regarding Fire Safety & Prevention.

Signed: _________________________________  Date: __________________

Print Name: ____________________________________________________________________

My Employer: __________________________________________________________________
Basic Medication Administration and Positive Approaches/Challenging Behaviors/Non-Aversive Techniques are both contained in the CenTrain Curriculum.

Staff in Licensed Residential must complete all the training contained in CenTrain.

Staff providing Community Living Supports (CLS) must complete additional training if the Individuals Person Centered Plan (PCP) recommends.

Please reference the CMHCM training grid contained in this packet or your contract for specific training requirements.

**Basic Medication Administration**

Basic Medication Administration training can be accessed at the following link:

http://www.cmhcm.org/for-providers/centrain/

I have completed Basic Medication Administration Training including completion of Behavioral Objectives for the administration of medications observation check form.

Signed: ___________________________ Date: _______________

Print Name: __________________________________________________________________________

My Employer: __________________________________________________________________________

**Positive Approaches/Challenging Behaviors/Non-Aversive Techniques**

Positive Approaches/Challenging Behaviors/Non-Aversive Techniques training can be accessed at the following link:

http://www.cmhcm.org/for-providers/centrain/

I have completed Positive Approaches/Challenging Behaviors/Non-Aversive Techniques

Signed: ___________________________ Date: _______________

Print Name: __________________________________________________________________________

My Employer: __________________________________________________________________________
I have read and understand the Sensitivity Training: Hearing Loss

Signed: ________________________________ Date: ________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training regarding Trauma Informed Care

Signed: ________________________________ Date: ________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training regarding Appeals & Grievances

Signed: ________________________________ Date: ________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training regarding Health Interventions

Signed: ________________________________ Date: ________________
Print Name: ________________________________
My Employer: ________________________________

I have read and understand the training regarding Intro to Community Residential Services

Signed: ________________________________ Date: ________________
Print Name: ________________________________
My Employer: ________________________________