

THE LRE NEWSLETTER

March 2023



The **Main** Thing



Spring is coming! March is **Social Worker Appreciation Month**. Check out a note from our CEO, **Mary Marlatt-Dumas** below.

From The CEO **Mary Marlatt-Dumas**

The month of March means different things to each of us. Many of us think of March as the beginning of spring and the end of winter. March is dedicated to raising awareness and recognizing many different subject matters such as Women's History, March into Reading, National Developmental Disabilities Awareness, Social Work, etc.

As a social worker myself, I wanted to reflect on the ethical principles and values that it means to be a social worker. Social work's core values are service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence.



SOCIAL WORK BREAKS BARRIERS

Social Worker Core Values

- **Value: Service**
Ethical Principle: Social workers' primary goal is to help people in need and to address social problems
- **Value: Social Justice**
Ethical Principle: Social workers challenge social injustice.
- **Value: Dignity and Worth of the Person**
Ethical Principle: Social workers respect the inherent dignity and worth of the person.
- **Value: Importance of Human Relationships**
Ethical Principle: Social workers recognize the central importance of human relationships.
- **Value: Integrity**
Ethical Principle: Social workers behave in a trustworthy manner.
- **Value: Competence**
Ethical Principle: Social workers practice within their areas of competence and develop and enhance their professional expertise.

Social Workers Break **Barriers** that Prevent **People** and **Communities** from **Thriving**

National Association of Social Workers' theme for March 2023 is "**Social Work Breaks Barriers.**" This resonates because social workers are on the frontlines helping our nation overcome a myriad of challenges, including economic inequality, reproductive rights, racism, and natural disasters worsened by global warming. More than 700,000 social workers nationwide entered the profession because they have a strong desire to assist those in need and make our communities, our nation, and our world a better place for all.

The **Lakeshore Regional Entity** has amazing, hardworking, brilliant staff throughout the infrastructure. I would like to recognize the social workers at the LRE. These fun, dedicated employees include Kathy Curtis-Newell, LMSW; Kim Keglovitz, BSW; Jim McCormick, LMSW; Melanie Misiuk, MSW; Tom Rocheleau, LMSW; Amanda Tarantowski, LMSW, Melissa Westerhoff, LMSW, Michelle Angiuan, LMSW, Deb Fiedler, LMSW; and Jody Waite, LBSW, Lorna Dawson, LBSW, Jill Osterhout, LBSW. Thank you for your dedication to the success of the LRE.

CMH Site Review Schedule



Spring is almost here, which means our CMH Site Reviews are kicking off for 2023.

- **March: Ottawa County CMH**
- **April: West Michigan CMH**
- **May: Network180**
- **July: OnPoint**
- **September: HealthWest**



March is Problem Gambling Awareness Month

Problem Gambling Awareness Month is designed to increase public awareness of problem gambling. For many people gambling is a leisure activity, but it can also develop into an addiction for some. In 2022 the **Michigan Problem Gambling Helpline** (800.270.7117) received 4,306 calls for help, which led to 773 individuals becoming engaged in treatment or support groups. Trained and experienced counselors are available 24 hours a day, seven days a week by phone or virtually to provide immediate help to address issues related to gambling disorder, including screening services and referrals to treatment or support groups.

For more info and resources to help yourself or a loved one please visit michigan.gov



LACE UP. MOVE. **HELP SAVE LIVES.**

For **Mental Health.** For **Worldwide Change.**
For **Everyone.**

We know you believe mental health matters. The One in **FIVE** Series is back, complete with an exciting addition and a big change! With the Hope Network One in Five Series, get moving in honor of the One in Five who face a mental illness. Whether it's running a team marathon, walking a virtual 5K, donning a cape and skipping through the streets of Grand Rapids...each move is part of a movement that's turning the conversation about mental health issues into action. The One in Five is us and the people we love.

The numbers demand our attention:

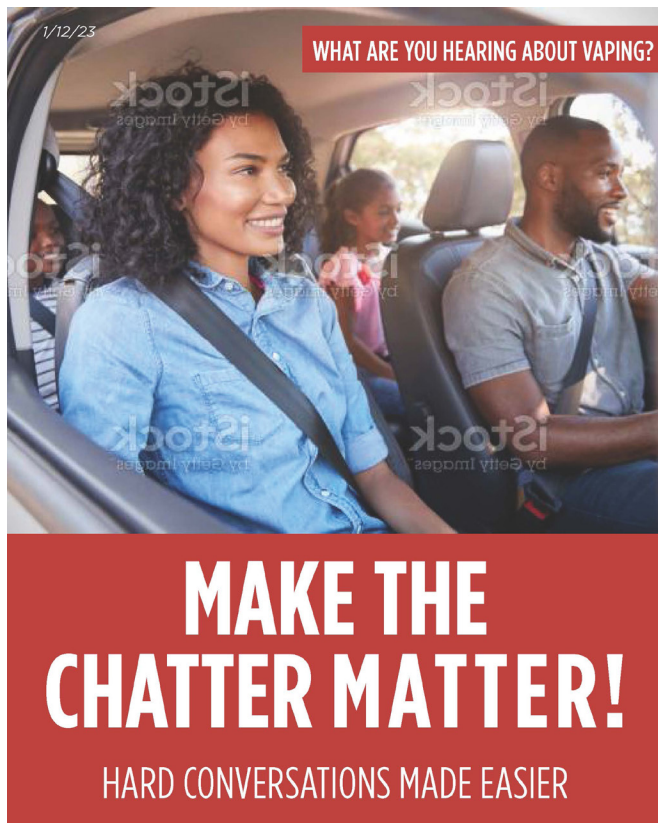
- More than 50% of people will be diagnosed with a mental illness or disorder at some point in their lives
- Nearly 60% of mental illness goes untreated
- Depression is the #1 cause of illness and disability worldwide

UPCOMING EVENTS:

- [Heroes for Hope 5K and Kids Run](#) presented by Celebration Cinema (Sunday, May 7 – Studio Park, Downtown Grand Rapids, Michigan)
- [One in Five Team Marathon and 5K](#) (Friday, June 2 – Millennium Park, Grand Rapids, Michigan)
- [World Mental Health Day Virtual 5K/10K](#) (October 4-10 – Worldwide)

To register or get more information please click on the blue links.





TalkSooner.org

POWERED BY  LAKESHORE REGIONAL ENTITY

 MDOT, A COMMUNITY PARTNER

TalkSooner: Quick Facts on Vaping:

Vaping continues to be an ongoing concern, with 10% of middle and high schoolers nationally reporting current use. In the West Michigan region, that rate is at 14%. Vaping is a “newer” trend that some of us don’t have a lot of knowledge around. So why not learn together as a family? Here are some helpful links for you to explore, with some short videos that you can watch too!

This is a great way to start an ongoing conversation that can cover many difficult discussions while strengthening those important lines of communication! Check out the links below for more info.

[Vaping Quick Facts](#)

[The Truth About Vaping](#)

[Vaping Questions Answered](#)

Make the **CHATTER MATTER**

Talksooner, MDOT Team Up to “Make the Chatter Matter”

The family car may be the ideal “vehicle” to have those important “drug talk” conversations with youth/teens, and thanks to a partnership with the Michigan Department of Transportation (MDOT), Talksooner collateral materials inviting parents to “Make the Chatter Matter” will be displayed at all 77 MDOT welcome centers and rest areas – just in time for the busy Spring Break travel season.

Talksooner’s partnership with MDOT began in 2021, with a shared vision in fostering healthy, safe families and communities.

Stephanie VanDerKooi, Chief Operating Officer for the LRE, added “Family road trips offer the perfect time to informally check in with your kids, get their perspective on drugs and alcohol, and share your values for guiding healthy choices,” she said. “TalkSooner provides tips to help navigate these often difficult but important conversations, and we applaud MDOT for supporting this opportunity to educate and inspire parents.”

MDOT rest areas and welcome centers serve as a convenient venue for parents/caregivers to check out the free Talksooner.org site during their travel breaks, glean tips and talking points to put immediately into use.



HCBS Update

Home and Community Based Services compliance date is right around the corner!

Settings that provide HCBS services; Community Living Supports, Skill Building and Supported Employment, must be in full compliance with the Home and Community Based Final Rule by March 17, 2023.

Compliance with the HCBS Final Rule is ongoing! This continued compliance will be monitored through the HCBS Survey Process and the LRE Annual Facility Review process. The next HCBS survey cycle is coming in March 2023. The LRE, on behalf of MDHHS, will send provider and participant surveys in the coming weeks, via the Qualtrics online survey platform. Providers who receive a survey **MUST** complete it. Provider's failure to complete the HCBS survey will be deemed not HCB and will be excluded from participating in Medicaid or Healthy Michigan Plan funded HCBS services.

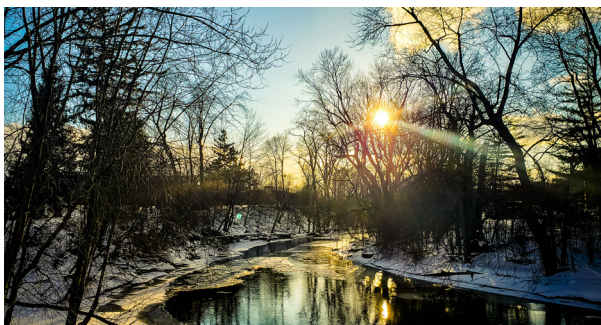
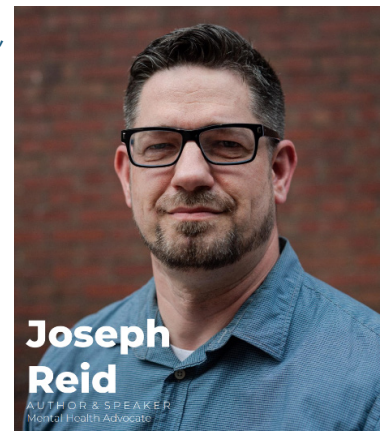
Waiver participant surveys will be sent to their assigned case manager via email. Waiver participants are strongly encouraged to complete the survey but are not required to do so.

For those settings deemed Heightened Scrutiny during the original HCBS survey process, MDHHS has published the list of settings submitted to CMS for final Home and Community Based status determination. This list can be found on [MDHHS's Home and Community Based Services Program Transition website](#). Currently, MDHHS and the LRE are waiting for these final determinations from CMS.

Community Advisory Panel Spring Spotlight: [Broken-People.org](https://www.broken-people.org)

Joseph Reid is the founder and Executive Director of [Broken People](https://www.broken-people.org), an international mental health peer support group. He is the best-selling author of *Broken Like Me*, *An Insider's Toolkit for Mending Broken People*, and has helped thousands of people with his writing since its publication in the summer of 2021. He is also very active as a Peer Support Specialist, Family Advocate, and In Your Own Voice presenter with NAMI Kent County (National Alliance on Mental Illness), the nation's largest grassroots mental health nonprofit organization.

Joe and his team at Broken-People.org are deeply committed to providing support not only to people personally struggling with mental wellness, but also to people who have someone in their lives that they care about who may be struggling. Their advocacy efforts reach out into our communities, our legislators and state, and unites individuals all over the world. Broken People is a wonderful resource for anyone who would like to learn more about mental health or get involved locally.



LAKESHORE REGIONAL ENTITY **The LRE Board of Directors**

The Lakeshore Regional Entity Board of Directors **meeting is on the 4th Wednesday of each month**. Unless otherwise noted, prior to each Board meeting a Work session is scheduled for 11am. The Board meetings are held in person at the GVSU-Muskegon Innovation Hub, 200 Viridian Dr., Muskegon, MI 49440. We are excited to welcome **Jon Campbell** (Network180), **Jim Storey** (OnPoint) and **Susan Meston** (Ottawa) to the LRE Board of Directors this month!

Upcoming Board Meetings

March 22, 2023

April 26, 2023

May 24, 2023

Lakeshore Regional Entity

5000 Hakes Dr., Ste 100, Muskegon, MI 49441

www.lsre.org

Telephone contact:

Business Hours 231-769-2052
Compliance 800-420-3592
Appeals 800-897-3301
feedback@lsre.org

E-mail contact: