

**Spring Edition
2023**



Persons Point of View

Constituents' Voice

Peer Chat

Peer Mentors

**Editor-In-Chief
Michael Shaw**

Poetry Corner

A REINTRODUCTION TO THE CONSTITUENTS' VOICE BY MYNEISHA CALHOUN, STAFF



**JAIME JUNIOR
CV LEADER AND
MS. WHEELCHAIR
MICHIGAN**



**NICOLE GOWAN
CV LEADER AND
INDEPENDENT
FACILITATOR**

The Constituents' Voice (CV) was created as an advisory group to the President and CEO of the Detroit Wayne Integrated Health Network (DWIHN). Its membership includes people who receive services and others associated with members DWIHN serves. It is organized under the Member Engagement Unit of the Customer Service Department.

The CV has two leaders, Jamie Junior and Nicole Gowan who work diligently to prepare the advisory committee's agenda and to deliberate on issues that come before the organization. They will serve in this capacity throughout 2023 until the elections in November 2023.

The CV is slightly changing the way it does business by ensuring members' voices are heard and the objectives to deliberate, recommend, take action, and make suggestions to the President/CEO and Executive Leadership become more clearly defined and documented. CV meetings are open to the public and offer dialog between the members, while also drawing consensus and feedback from community stakeholders.

The CV is excited to continue being a committee that offers advice to the organization, helping it shape policy and informing people about how the members we serve may be impacted by programs and services.

The CV is doing great things! They welcome input from anyone wanting to work with them through participation in their subcommittees, which include the Empower, Engage, Advocacy, and Advise Action Groups. It is currently recruiting new members. If you or someone you know would like to be a part of this dynamic stakeholder advisory committee, contact the CV Liaison, Myneisha Calhoun, at mcalhoun@dwihn.org.

PEER CHAT UPDATES: BY DELORA WILLIAMS, BBA, MM PEER SERVICES AND ENGAGEMENT COORDINATOR

DWIHN initiated “Peer Chat” discussions in January 2023. It is a platform where Peer Support Specialists, Peer Recovery Coaches, and Peer Mentors meet virtually every month to discuss whatever is on their minds about services, resources, self-care, and self-development.

The chats provide a personal, safe, and non-judgmental environment to discuss important topics of concern. These conversations have been a great success. In fact, in the first chat, we had a discussion about getting to know each other. In the second talk, DWIHN shared information about the State's new CEU requirement. Most Peers who participated said they enjoyed the chats. Attendees have come from various counties in Michigan including Oakland, Kent, Macomb, and Wayne. We encourage Peers to continue to attend and become a part of our monthly discussions, sharing with us their experiences as Peer Support Specialists and Recovery Coaches.

Some topics include housing, how to find resources, and trainings.

I look forward to meeting more people in our upcoming Peer Chats, which will take place on:

March 9th

April 13th

May 11th

June 8th

July 13th

Please join us! Conversations are held every second Thursday from 6 pm to 7 pm. Attendees are not required to remain for the entire session.

Peer Chat Zoom Link: <https://dwihn-org.zoom.us/j/83064826239> Passcode: engage

HOW PEER MENTORS CAN HELP OTHERS UNDERSTAND MONEY MATTERS BY ROBERT SPRUCE, STAFF

April is “Money Matters” month and is dedicated to educating people on how to responsibly manage their money. Money management is considered by some as a prime example of self-determination because it demonstrates accountability. Whether one spends money purchasing personal items or attending special events, it is important to have a basic understanding of money management.

Some people need help managing their money. This may be due to a lack of knowledge on how to utilize this resource or an inability to manage their spending. Some may hire money managers. Others may learn from written materials on money management. Individuals in the Community Mental Health (CMH) system have an option to receive assistance from a Peer Mentor.

There are several ways a Peer Mentor can teach individuals how to manage their money. The person seeking help might decide to write down a list of items they need to purchase. When that is completed, the mentor can create a plan on how the individual might spend their money. No matter how small or large the list is, the individual and Peer can develop steps to achieve better money management.

As with any plan, setbacks and unforeseen circumstances can arise. Peer Mentors are trained to support the people they are mentoring and deal with unforeseen setbacks. The Peer Mentor's role is to encourage the individual to look at the plan, make adjustments if needed, and provide the required supports.

If you would like to receive Peer Mentoring or Peer Support Services and assistance with money management or money-related matters, contact **Wayne Metropolitan Community Action Agency** at (313) 322-6222 or <https://www.waynemetro.org/programs/>.

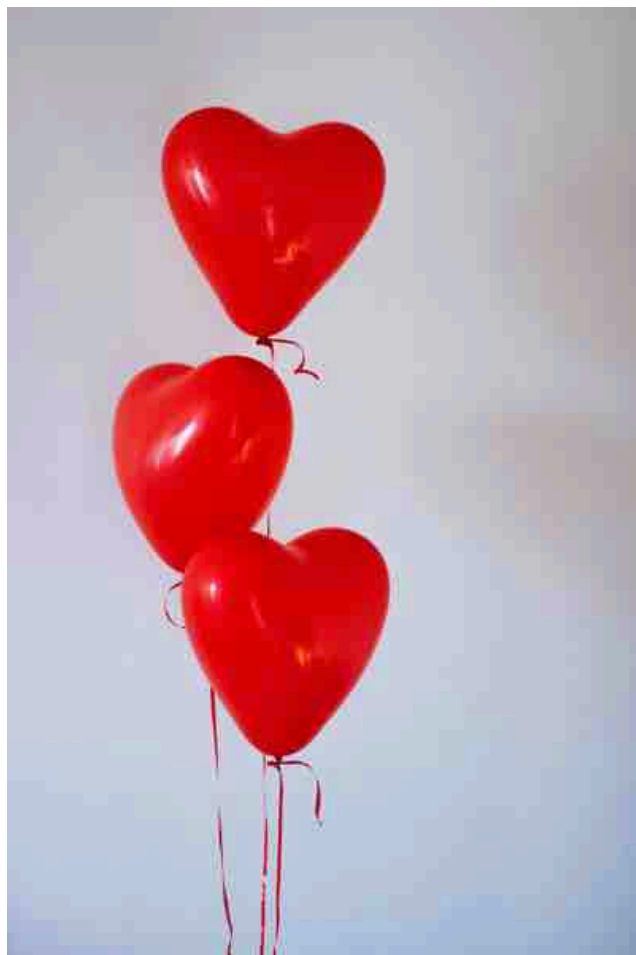
Success Stories From Our Members

Lizzy Sturgill from Turning Point Clubhouse

I work for Hegira Health Transitional Employment Program performing janitorial work downriver. I am responsible for cleaning two of their buildings. I love what I do and get a good workout while doing it. My term will end in June 2023. This job has really helped with my mental and physical health.

What I like About The Clubhouse Herry C.

I come to the Turning Point Clubhouse every day. I love working in the snack shop and making the coffee for members. I am working again as a part-time Transitional Employee for Hegira. I am also on the Consumer Advisory Board and the Turning Point Clubhouse Advisory Board. I attend Asher School in the Southgate Community School District and am taking reading and writing classes in person and online.



MY JOURNEY BY SHELDON HILL

Crackhead, alcoholic, crazy, aggressive, dangerous, these are some of the words people would use to describe me at points of my life. Kind, caring, loyal, loving, these are some of the words people would use to describe me today. Bipolar disorder, PTSD, crack/cocaine and alcohol addiction are the reasons those words have such a wide range.

My life started with a loving mother and having a lot of fun. I was known as Dennis the Menace because I was so rambunctious and wild. I learned a sense of entitlement early in my life because my grandparents spoiled me and let me get away with a lot. My father left my life at the age of five. The abuse started not long after that. When I was eight years old, I was encouraged to have sex for the first time, not knowing it was sexual abuse. At the age of twelve, my father rejoined my life, and “showed me love” upon his return. His love included giving me a pistol, marijuana and showing me how to sell it, all without my mother’s knowledge. I started drinking, having sex, and doing drugs at twelve. At fourteen I was molested by two men. They drugged me and raped me. I felt angry and ashamed and I became very aggressive. During high school years, I was perceived as an outstanding student, but I actually was using high school as a business place to sell drugs. High school was full of drugs, alcohol and police encounters. I was living two different lives. I was sweet Sheldon with my mom and I was Dennis the Menace with my father. I was a dressed-up garbage can: sharp as hell. I couldn’t stop. I wouldn’t sleep for days. I would only sleep 2-3 hours, some due to the cocaine and some due to the manic state of my bipolar disease. I never allowed myself to be diagnosed.

In my 30s, after many, many, arrests, I faced the judge looking at 22-30 years in prison. He gave me 6 months in county jail, and told me if I EVER came back, I would be going to prison. He gave me a huge break. He saved my life. It was then I started my recovery. I was diagnosed with bipolar disorder, PTSD, antisocial personality, alcohol and crack/cocaine addiction. Recovery is a lot of hard work. I thought once I stopped the unhealthy behavior, I could stay stopped on my own. That didn’t work. I had to attend 12 step programs and be fully involved. I wanted things in my life and a healthy life. I couldn’t do it on drugs, in prison, or without meds. So I had to be compliant with drug therapy and actual therapy: many, many, therapy sessions.

I have since opened my own non-profit organization to help others in need. I have shared my story with many. I became certified as a Peer Support Specialist and Recovery Coach. Also, I won the Peer Family Leadership Award from the Substance Abuse and Mental Health Service Administration. I have done all I can do to be part of the solution. I am no longer part of the problem, thank God. Success maintenance is necessary. You can’t quit quitting. When we have co-occurring disorders, recovery is ongoing. One day at a time!



TAKING ANTIPSYCHOTICS

These tips can help your medication work for you

It is important to follow your doctor's instructions.

What can you do?

- Talk to your doctor about the benefits and drawbacks of taking drugs to manage your blood sugar, blood pressure, or cholesterol. If you are diagnosed with diabetes these medications can help.
- Ask your doctor about the risk for weight gain with your medication.
- If you are overweight, try to lose weight. Even a pound or two weight loss can really help reduce your risk of diabetes.
- Get moderate exercise (doctor recommended exercises)
- See your medical doctor as recommended.

Here are some tips to help you remember your medication.

- 1. TAKE YOUR MEDICATION AT THE SAME TIME EACH DAY**
 - Use a pill box
 - Mark a calendar each time you take your medication
 - Use a mobile app for text and email reminders
- 2. REMEMBER TO REFILL BEFORE YOUR MEDICATION RUNS OUT**
 - Your pharmacist may be able to send refill reminders
 - Use a calendar to remind you of your next refill date
- 3. GIVE YOUR ANTIPSYCHOTIC TIME TO WORK**
 - Don't stop taking your medication
 - It takes 6 to 8 weeks to feel the benefits
 - Your doctor will change the dosage or try a different drug if the antipsychotic does not seem to work.
 - Call your doctor's office for any questions or concerns

It is very important that you do not stop taking your medication without consulting your doctor. If you suddenly stop taking your medication you are putting yourself at risk of side effects or worsening your symptoms.

The National Alliance on Mental Illness Michigan offers help, including support groups. Visit <http://namimi.org/> for more information. You can also call 1-517-485-4049

TAKING ANTIDEPRESSANTS

These tips can help your medication work for you

It is important to follow your doctor's instructions.

Here are some tips to help you remember your medication.

1. TAKE YOUR MEDICATION AT THE SAME TIME EACH DAY

- Use a pill box
- Mark a calendar each time you take your medication
- Use a mobile app for text and email reminders

2. REMEMBER TO REFILL BEFORE YOUR MEDICATION RUNS OUT

- Your pharmacist may be able to send refill reminders
- Use a calendar to remind you of your next refill date

3. GIVE YOUR ANTIDEPRESSANT TIME TO WORK

- Don't stop taking your medication
- It takes 6 to 8 weeks to feel the benefits
- Your doctor will change the dosage or try a different drug if the antidepressant does not seem to work.
- Call your doctor's office for any questions or concerns

It is very important that you do not stop taking your medication without consulting your doctor. If you suddenly stop taking your medication you are putting yourself at risk of side effects or worsening your symptoms.

The National Alliance on Mental Illness Michigan offers help, including support groups, for people with depression and their families. Visit <http://namimi.org/> for more information. You can also call NAMI 1-517-485-4049





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youtube.com/@DetroitWayneIHN



tiktok.com/@DetroitWayneIHN

Poetry Corner

A Dream

By Mary Ann Bozenski

Everyone needs a dream
Something to believe in
To hold onto
When times are tough
A way to escape the reality
Of everyday living

Think about it
Peace on earth
Racial harmony
Winning lottery ticket
Dream home in the country
True and lasting love
The possibilities are endless...

In a dream
Anything is possible
Dare to dream
Sometimes dreams come true

Member's Rights

Our Area of Responsibility	Members' Rights	For More Details, Contact us at:
Provider Directory	<ul style="list-style-type: none"> To receive a copy of the Provider Directory at the time of enrollment, upon intake, annually and/or upon request To request a copy to be mailed to you at your mailing address or by email 	https://www.dwihn.org/members/Provider_Directory_Booklet.pdf — 888-490-9698 800-630-1044 (TTY) —
Claim Status	<ul style="list-style-type: none"> To track the status of your claims in the claims process 	https://www.dwihn.org/claims 313-833-3232
Estimated Cost of Services	<ul style="list-style-type: none"> To know the Estimated Cost of Services (ECS) for the services identified in your IPOS within 15 business days of your IPOS Meeting and when your IPOS has been changed To receive an Explanation of Benefits (EOB) and request it at any time 	https://www.dwihn.org/provider_manual 888-490-9698
Notice of Privacy Practices	<ul style="list-style-type: none"> To have DWIHN protect and secure all of your health care information that we have created or received about your past, present, or future health care or condition, or health care we provide to you, or payment 	https://www.dwihn.org/policies-compliance-PHI-HIPAA-Manual.pdf

Continued on next page

Member's Rights

Continued from previous page

<p>Fraud, Waste, and Abuse (FWA)</p>	<ul style="list-style-type: none"> • To report fraud, waste, or abuse within the DWIHN's behavioral healthcare system to DWIHN to be investigated 	<p>https://www.dwihn.org/resources/upload/4546/Fraud%20Waste%20and%20Abuse%20Policy.pdf</p> <p>313-833-3502 or email compliance@dwihn.org</p>
<p>Utilization Management Decision</p>	<p>All DWIHN staff, Crisis Service Vendors and Access Center practitioners and employees who make Utilization Management decisions understand the importance of ensuring that all consumers receive clinically appropriate, humane and compassionate services of the same quality that one would expect for their child, parent or spouse by affirming the following:</p> <ul style="list-style-type: none"> • Utilization Management decision making is based only on appropriateness of care, service, and existence of coverage. • DWIHN, Access Center, and Crisis Service Vendors, do not reward practitioners or other individuals for issuing denials of coverage or service care. • No Physicians nor any other staff making UM decisions are rewarded for issuing denials of coverage or service or reducing the provision of care which is deemed medically necessary. 	<p>https://www.dwihn.org/utilization-management</p>

Enrollee Rights and Responsibilities

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

You Have the Right To:

- Be provided with information about enrollee rights, responsibilities, and protections;
- Be treated with respect and recognition of your dignity and right to privacy;
- Be provided with information on the structure and operation of the DWIHN;
- Receive information about DWIHN, its services, its practitioners and providers and rights and responsibilities;
- Be provided freedom of choice among network providers;
- A candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage and to freely communicate with your providers and without restriction on any information regarding care;
- Be informed of the availability of an independent, external review of the UM final determinations;
- Receive information on available treatment options;
- Participate in decisions regarding health care, the refusal of treatment and preferences for future treatment decisions;
- Be made aware of those services that are not covered and may involve cost sharing, if any;
- Request and receive an itemized statement for each covered service and support you received;
- Track the status of your claim in the claims process and obtain information over the telephone in one attempt or contact;
- Receive information on how to obtain benefits from out-of-network providers;
- Receive information on advance directives;
- Receive benefits, services and instructional materials in a manner that may be easily understood;
- Receive information that describes the availability of supports and services and how to access them;
- Receive information you request and help in the language or format of your choice;
- Receive interpreter services free-of-charge for non-English languages as needed
- Be provided with written materials in alternative formats and information on how to obtain them if you are visually and/or are hearing impaired or have limited reading proficiency;
- Receive information within a reasonable time after enrollment;
- Be provided with information on services that are not covered on moral /religious basis;

Enrollee Rights and Responsibilities Con't

- Receive information on how to access 911, emergency, and post-stabilization services as needed;
- Receive information on how to obtain referrals for specialty care and other benefits that are not provided by the primary care provider;
- Receive information on how and where to access benefits that are not covered under DWIHN Medicaid contract but may be available under the state health plan, including transportation;
- Receive information on the grievance, appeal and fair hearing processes;
- Voice complaints and request appeals regarding care and services provided;
- Timely written notice of any significant State and provider network-related changes;
- Make recommendations regarding the DWIHN member rights and responsibilities.
- Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience or retaliation, as specified in other Federal regulations on the use of restraints and seclusion.
- To request and receive a copy of your medical records, and request that they be amended or corrected.
- A second opinion from a network provider, or arrange for you to obtain one outside the network, at no cost to you.
- Request reports and documents that may better help you to understand their benefits, Privacy Rights, Reports, data and tools that describe the work of the DWIHN system. Documents can best be located on our website at www.dwihn.org some of those documents include, but are not limited to:
 - DWIHN's Quality Improvement Program and Annual Report
 - Notice of DWIHN's HIPAA Requirements and Privacy Practices
 - Clinical Practice Improvement Guidelines
 - ECHO Survey Results
 - Other Survey Results, Documents, Resources and Brochures
 - DWIHN's Quality Improvement Program and Annual Report
 - Notice of DWIHN's HIPAA Requirements and Privacy Practices
 - Clinical Practice Improvement Guidelines
 - Other Survey Results, Documents, Resources and Brochures

Your Responsibilities:

- To keep appointments as scheduled or phone in advance to cancel.
- To follow your treatment plan or ask for a review of your plan.
- To let your therapist know of any changes in your condition, including any side effects of medication.
- To seek help in times of crisis.
- To keep violence, drugs, abusive language and damaging behavior away from the treatment setting in respect for others.
- To be aware of program rules and abide by them.

Enrollee Rights and Responsibilities Con't

- To be an active participant in your treatment.
- To ask questions if you do not understand.
- To share with staff, your experience of our services, what we do well, and what we could do better.
- To provide, to the best of your knowledge, accurate and complete information regarding your medical history, including: present and past illnesses, medications, hospitalizations, etc. to DWIHN, its practitioners and providers in order to provide care.
- To follow your treatment plan of care and instructions. The plan of care is to be agreed upon by you and your provider.
- To ask questions about your care. This will help you to understand your health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.
- Follow all MDHHS procedures for the required annual Medicaid enrollment and inform DWIHN of any changes in insurance status.

DWIHN Responsibilities:

- To provide quality behavioral health services;
- To assess and evaluate behavioral health requests in a timely manner;
- To give you a choice of providers to the extent that is possible;
- To offer you a second opinion if you request one;
- To provide you with information about your behavioral health services and your rights;
- To provide you with a written Notice of Action, when advising you of termination, reduction, denial, suspension or limit the authorization of services that you have requested and/or have been receiving;
- To provide you with information about DWIHN's operations organizational structure, annual reports, etc. upon request and to notify you annually that this information is available;
- To protect the rights of individuals receiving services;
- We are required by law to maintain the privacy and security of your personal health information;
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information. We must follow the duties and privacy practices described in the notice of Privacy Practices and give you a copy;
- We will not use or share your information other than as described in the Notice of Privacy Practices unless you tell us we can in writing;
- You can change your mind at any time about the sharing of information, but this request should be made in writing to ensure it is documented in your request.
- Provide you with a written notice of any significant State and Provider network changes at least 30 days before the intended effective date of change.
- Make a good faith effort to give you a written notice of termination of your Service Provider within 15 days of receipt or issuance of a termination notice.

Enrollee Rights and Responsibilities Con't

Note: All DWIHN and Network Providers staff shall acknowledge, uphold and demonstrate knowledge of the above enrollee rights and responsibilities. The State must ensure that you are free to exercise your rights, and that the exercise of your rights does not adversely affect the way DWIHN and its network providers or the State agency treat you.

Please visit the DWIHN website www.dwihn.org routinely to stay informed on the latest information available to members and stakeholders or contact the Customer Service Department for more information toll free @ 888-490-9698.

Privacy Practice Updates:

As of March 08, 2023, there have been recent changes to DWIHN's Privacy Practice. These specific changes are listed below. Please refer to DWIHN's website for the complete Privacy Practice document that is inclusive of these updates.

To Provide Breach Notification: As a covered entity DWIHN is required by law to notify affected individuals following a breach of unsecured PHI. We may use and disclose your PHI, if necessary, to tell you and regulatory authorities or agencies of unlawful or unauthorized access to your PHI.

Authorization required: Psychotherapy notes

DWIHN must obtain an authorization for any use or disclosure of psychotherapy notes, except:

To carry out the following treatment, payment, or health care operations:

(A) Use by the author of the psychotherapy notes for treatment;

(B) Use or disclosure by the covered entity (DWIHN) for its own training programs in which students, trainees, or practitioners in mental health learn under supervision to practice or improve their skills in group, joint, family, or individual counseling; or

(C) Use or disclosure by the covered entity to defend itself in a legal action or other proceeding brought by the individual.

Authorization required: Marketing

Requires DWIHN to obtain an authorization for any use or disclosure of protected health information for marketing, except if the communication is in the form of:

(A) A face-to-face communication made by a covered entity to an individual; or

(B) A promotional gift of nominal value provided by the covered entity.

(C) If the marketing involves a third party, the authorization must state that such remuneration is involved.

Authorization required: Sale of protected health information.

Requires that DWIHN obtain an authorization for any disclosure of protected health information which is a sale of protected health information. The authorization must state that the disclosure will result in remuneration to the covered entity.

The Quality Assurance Performance Improvement Plan (QAPIP) Evaluation is an annual document that assesses and identifies DWIHN's improvements, achievements and outcomes throughout the year. The QAPIP includes the six (6) pillars that are identified in DWIHN's Strategic Plan: Customer, Access, Quality, Finance, Advocacy and Work Force Development. As part of the QAPIP Evaluation, the Work Plan identifies goals and objectives which includes an assessment of the results and noted outcomes. The QAPIP 2022 Annual Evaluation and Work Plan is available to providers, stakeholders and members on DWIHN's website at: <https://dwihn.org/Quality-Assessment-Performance-Improvement-Program-QAPIP.id.1734.htm>.

DWIHN Launches Mobile App



DWIHN has launched its very own mobile application so you can learn more about DWIHN services, supports, events, trainings, resources and much more!

Download the app today from the Apple or Google Play stores

<https://apps.apple.com/us/app/mydwihn/id1642577658>
<https://play.google.com/store/search?q=myDWIHN&c=apps>

Did You Know?

Effective September 2021, the state began offering another local dispute resolution option for individuals receiving Behavioral Health Services. It is called Mediation. This is a way to provide another avenue for members as well as our provider network to come to a resolution in areas where there may be a disagreement or conflict.

Mediation does not take the place of DWIHN's ability to address a member's Appeal, Grievance or Recipient Rights complaint. It is important to note that only the member or their legal guardian can request mediation services. If you are interested in learning more contact:

The Mediation Helpline at 1-844-3-MEDIATE (1-844-363-3428)

Provider Closures

In accordance with reporting requirements for the Detroit Wayne Integrated Health Network, below is a list of providers and programs that have either closed or been terminated as of March 8, 2023

Date Closed	Provider Name	Address
2/27/2023	New Center Inn Company	158 Pingree, Detroit, MI 48202
3/6/2023	Neighborhood Service Organization (NSO)	8600 Woodward, Detroit, MI 48202
3/7/2023	Liberal Manor	3988 Guilford, Detroit, MI 48224



(313) 344-9099

TDD: (800) 630-1044

24-Hour Helpline: (800) 241-4949

www.dwihn.org