

Milwaukee CCS Empowerment Edition

July 2017

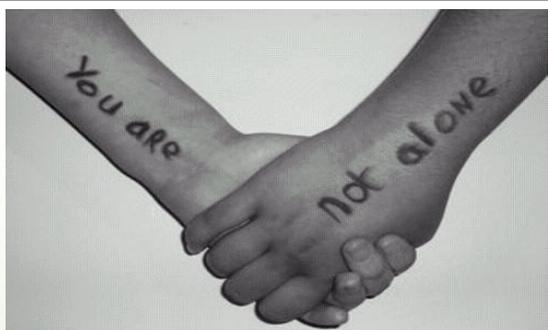
Volume 1 Issue 2

Milwaukee County Behavioral Health Division

What Is the Comprehensive Community Services (CCS) Program?

CCS is an incredible program offered by Milwaukee County. The program is designed to help adults and children living with mental health and/or substance use conditions move forward in their recovery process. By accessing a wide array of unique services, people who enroll in CCS have the opportunity to achieve their personal goals and attain a life that is meaningful to them. Are you interested in learning more about the CCS program and see if it is the right fit for you? We would love to hear from you!

Call our Milwaukee County CCS inquiry line to talk to a helpful professional at [414.257.6060](tel:414.257.6060).



CCS offers a wide range of services and providers that you can support you in attaining your personal goals (**you may choose to work with as many services and providers as you would like**). Ask your care coordinator about the services available in CCS or take a look at the CCS Program Directory located here: <http://county.milwaukee.gov/CCS.htm>

Recovery Advisory Committee (RAC)

The Milwaukee County CCS Recovery Advisory Committee (RAC) is looking for a few great volunteers! The RAC is a group of consumers, providers and advocates who help drive important decisions about the direction of CCS. Committee members ensure the quality of programming, and give important feedback about services, providers and ways we can improve the CCS program.

If you would like to join the Milwaukee County CCS Recovery Advisory Committee, contact committee chair Kenyatta Yamel: kenyatta1951@yahoo.com or at 414.553.0651.

Person-Centered Planning Initiative

It's All About Me! *By Danielle Howard*

Two guiding values of Milwaukee County Behavioral Health Division and Community Access to Recovery Services (CARS) are to be person-centered and recovery oriented. To further expand these values within consumers and CARS service providers, CARS invited nationally known expert Diane Grieder, M.Ed. to Milwaukee to provide training on Person Centered Care Planning on January 10th and 11th. According to a Diane Grieder's book "Treatment Planning for Person Centered Care" that she co-authored with Neal Adams, "Person-centered planning is a collaborative process resulting in a recovery oriented treatment plan, is directed by consumers and produced in partnership with care providers and natural supporters for treatment and recovery, and supports consumer preferences and a recovery orientation."

With much anticipation, consumers from all of CARS programs were invited to participate in the training on January 11, 2017. About 35 consumers attended the session. The training was devoted to teaching consumers about how they can take a more active role in their recovery journey. It focused on empowering them to take the driver's seat in creating their own goals, in their own words. Feedback from consumers was very encouraging. One consumer stated, "Gives me more hope." Another stated, "They pointed out important aspects that related to my life." Yet another stated, "I step outside of myself to do something different."

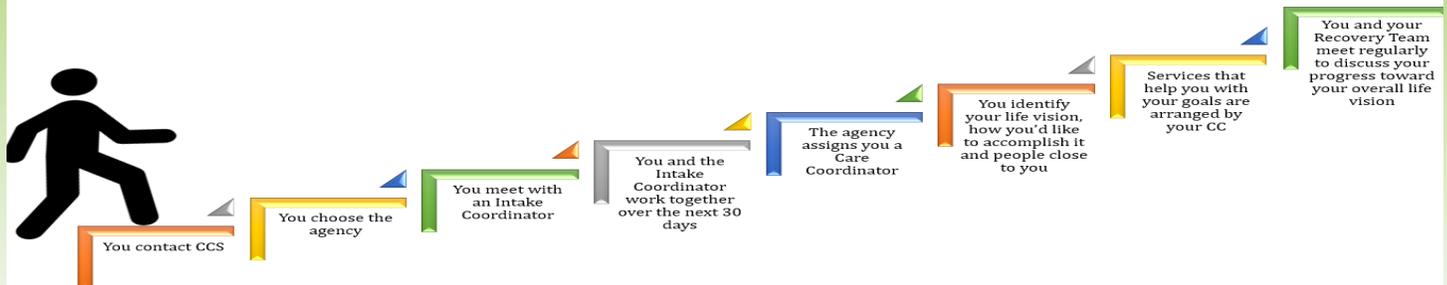
The morning of January 10th was for all CARS' service providers to learn how to enhance their skills when developing treatment plans with consumers. The afternoon was solely dedicated to training CCS service providers. CCS was specifically focused on given that it is a recovery benefit of Medicaid and is a consumer led program. Training focused largely on using the strengths of consumers to build their treatment plans. One provider stated, "Training was refreshing and provided a clean lens." Another provider stated, "This will definitely help in daily work in helping clients toward recovery."



A New Year A New Me!

THE CCS ENROLLMENT PROCESS

The **Care Coordinator** (CC) is your primary point of contact after you complete the 30 day **Intake Process** and haven't been found eligible for CCS. Your CC is the member of your **Recovery Team** who helps you identify your **goals**, helps you figure out the best **ways** (via services & providers) to accomplish those goals and maintains contact with you in order to be sure that you are happy with your team and **progressing** towards that ultimate **Life Vision**



SERVICE SPOTLIGHT: Supported Employment and Education

Finding a job that you want and enjoy can be a key component of supporting your recovery process. Working can: **Improve your self esteem, provide structure to your day, help you feel connected to your community and those around you, help you learn new skills and increase your income.** Many individuals who receive Medicaid, Social Security and other benefits are often afraid that they will lose these benefits if they start working. What you may not know is that there are many programs out there designed to help you work without losing the benefits you receive. It is important to understand your individual situation prior to determining whether or not you want to work or return to school.

CCS offers a specialized service that can help you fully evaluate your situation and make an informed choice regarding your employment and education related goals. Once you determine whether or not you want to work or return to school, CCS staff from either Easter Seals or Goodwill work collaboratively with your selected care coordination agency to support you in working on your personal employment and/or education related goals. Staff from these two agencies are highly trained in utilizing a very successful approach to supported employment- the Individual Placement and Support (IPS) Model. This model is designed to offer supports that are tailored to meet you where you are at in your recovery, support you in finding jobs and/or education programs that fit your specific needs and interests, troubleshoot issues as they occur in work and/or school settings and both explore and navigate resources that may be available to you (like DVR). The great thing about working with IPS is that the service is not time sensitive, meaning you can work with an employment specialist as long as you feel it is necessary. **Read Paula's story below** to learn more about how IPS may help you!

INTRODUCING: Paula

Paula cannot believe how much her life has improved since last year. Through the IPS (Individual Placement and Support) program, Paula was provided an Employment Specialist (ES) to help her identify and work on her career goals. Working with my ES has "sparked me to look for a job." Paula said that the more she worked with her ES, the more motivated she was to get a job!

Paula has a love for baking and cooking. She was able to tap into these interests and work with her ES to find a job working as a baker. Paula has found that working gives her a reason to take care of herself. She also indicates that since starting her job, the number of days she experiences depression has greatly decreased. Paula states, "It feels like a miracle to me." While Paula is currently working part time, her next goal is to work toward becoming employed full time.

Paula also had positive things to say about her CCS experience. At the time we met with Paula, she had been enrolled in CCS for about a year. When asked about her life prior to CCS, Paula stated, "I shudder to think what would have happened if I hadn't been referred to CCS". Paula referred to her CCS team as her safety net. "I'm no longer alone." Some of the benefits of the program that Paula identified are: someone to call, people to cheer her on and the personal attention she receives. When we asked Paula why someone should join CCS, she said, "**Why not take the support you can have? It is a shame not to take it.**"

