



The Voice

Improving quality.
Improving care.

WHAT VCE CAN DO FOR YOU:

CHILD MENTAL HEALTH PROFESSIONAL CREDITS

The Virtual Center of Excellence provides many training opportunities for CMHPs to maintain their MDCH-required 24 hours of annual continuing education. Recorded versions of our Children's Mental Health Grand Rounds and other qualified trainings are available 24 hours a day on our website. Visit <http://www.vceonline.org/VideoDemo.asp> to find these trainings.

QUALITY AND ORGANIZATION

Trainings are being done by content experts who have well-developed presentations. We provide you with high-quality speakers and presentations that are well-organized. It is easy to register for trainings.

ACCESSIBILITY OF STAFF

The VCE staff is available to answer your questions and provide you with the assistance you need. Call our Toll-Free Message Center at 888-785-7793.

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My Story

Mr. Michigan sheds light on mental illness through speaking engagements

I would like to take this opportunity to convey my personal experience with mental health care.

Upon my arrival at the ER, tests were taken which ruled out heart attack. The doctor provided aspirin and anti-depressants and discharged me with literature on anxiety.

In October, 2006, I encountered my first panic attack. I was experiencing a lot of pain and discomfort during my eight-hour workday. I wasn't certain of what was attributing to the pain. Initially, I was experiencing constant sharp pains in my chest. It began gradually and moved to various areas of my body.



Dellonnie T. Shelby, Mr. Michigan 2010

I had taken several pain relievers, but at the end of my work day, I wasn't feeling any better. I thought I was having a heart attack and I called my wife and engaged in a conversation to maintain my alertness while driving to the ER. My wife stayed on the phone with me the entire commute.

In 2007, I was officially diagnosed with anxiety disorder. That year, I had 30 ER visits for panic attacks. I had completely exhausted my medical benefits. In 2008, I was terminated from my job because of poor attendance due to the panic attacks.

By this time, I started seeing a therapist and journaling. I relied heavily on my faith. By 2009, my anxiety disorder had been declared a disability, but I am determined to recover.

I've been attempting to maintain the best quality of life possible. I'm still

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ACT programs must ACT NOW!

The Michigan Department of Community Health (MDCH) is coming soon to review Assertive Community Treatment (ACT) programs for re-approval.

trainings can be taken at the VCE website, www.vceonline.org. While these training modules do not take long to complete, full compliance is critical. Dr. Reid will be sharing this data in her discussions with MDCH.

There have been changes in the MDCH training requirements for ACT that demands some additional attention. The new expectation is that all members of ACT teams, with the exception of physicians and nurse practitioners, must annually complete an MDCH-recognized training. Current reviews indicate that programs are not in compliance with this expectation.

An additional change in the training requirements for ACT staff is that ACT Forums, which will be rekindled in November 2010, will have CEUs attached. This will provide forum participants with 2.0 CEUs when they attend one of the Forum meetings.

Detroit-Wayne County Community Mental Health Agency's Medical Director, Michele Reid, MD, is asking that ACT members take the VCE Online ACT courses so efforts to ensure continuing education will be documented prior to the reviews. These

The CEUs will be run through the VCE so participants can track their CEU totals through the database systems available to members.

A list of topics will be developed for the Forums that will meet the criterion for Social Work, Counseling and Nursing CEUs.

| Training | Date/Time | CECs | Location | Audience | Registration Opens |
|--|-------------------------------|--|--|--|---|
| Applied Suicide Intervention Skills Training (ASIST) | 10/4/10 & 10/5/10 9AM-5 PM | There are currently no CECs for this training. | Center for Excellence, 13111 Allen Road, Southgate, MI 48195 | Community members, school faculty, family members of someone with a mental health disorder, human service workers, faith-based community members, etc. | Open Now! Go to www.vceonline.org to register. |
| Retention-Focused Supervision Training - this is a 6-part series beginning Oct. 7. Other dates are Oct. 14, Nov. 9, Nov. 23, Dec. 7 and Dec. 14. | 10/7/10 9 AM - 1 PM | 24.0 for Licensed Social Workers, 24.0 LPC Credits | Center for Excellence, 13111 Allen Road, Southgate, MI 48195 | Individuals who provide management, supervision and/or program direction within the Wayne County Community Mental Health system. | Open Now! Go to www.vceonline.org to register. |
| Direct Care Retention-Focused Supervision Training (the first of three sessions) | 10/12/10 10 AM - 3 PM | There are no CECs for this training. | Lincoln Behavioral Services, 9315 Telegraph Road, Redford, MI 48239 | Supervisors of Direct Care staff and home managers. | Open Now! Contact Katrina Palmer to register at 734-785-7705, Ext. 7560, or via email at kpalmer@vceonline.org |
| Children's Mental Health Grand Rounds: Getting your Foot in the Door -- Techniques to Engage Children & Families | 10/21/10 10 AM - 12 PM | 2.0 for Licensed Social Workers, 2.0 CMEs, 2.0 CNEs, 2.0 LPC Credits | LIVE SITE: Dearborn-Ford Community & Performing Arts Center 15801 Michigan Ave. Dearborn, MI | Community mental health professionals, teachers and human services workers serving families who are Wayne County residents. | Open Now! Go to www.vceonline.org to register. THIS TRAINING IS AVAILABLE LIVE AND AT 4 BROADCAST SITES THROUGHOUT THE COUNTY. |
| Children's Mental Health Grand Rounds: Working with Children who have Co-Occurring Mental Health and Developmental Disabilities Concerns | 11/18/10 9AM-12 PM | 3.0 for Licensed Social Workers, 2.0 CMEs, 3.0 CNEs, 3.0 LPC Credits | LIVE SITE: Dearborn-Ford Community & Performing Arts Center 15801 Michigan Ave. Dearborn, MI | Community mental health professionals, teachers and human services workers serving families who are Wayne County residents. | Coming 10/21/10 to www.vceonline.org ! THIS TRAINING IS AVAILABLE LIVE AND AT 4 BROADCAST SITES THROUGHOUT THE COUNTY. |

COMMUNITY MENTAL HEALTH REQUIRED TRAININGS

These trainings (see next page for the four REQUIRED trainings) are required to be taken by all members of the Detroit-Wayne County Community Mental Health workforce. For clarification, the Detroit-Wayne County Community Mental Health Agency has determined that the Recipients Rights training **MUST** be taken annually (once every calendar

year). The other three required trainings, HIPPA, Person-Centered Planning and Medicaid, Fair Hearings, Local Appeals and Grievances, are all required biennially (once every two calendar years). However, your organization may require you to take these trainings more often. Please see your supervisor or HR director if you are unsure about your requirements.

VCE TEAM

From D-WCCMHA:

Veda Sharp, LMSW
Executive Director

Michele Reid, MD
Medical Director

Rita Turner, LMSW
Director of Utilization Management

From VCE:

Carol Ann Oleksiak, LMSW, ACSW
Director

Sheila Blair, AA
Project Manager

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Program Assistant

Brett Bryant
Audio/Video Specialist

Meredith Cohen, BSW, JD
MSW Intern

Stacy Duff, LBSW
Children's Initiatives Coordinator

Jamie Farmer, BBA
Event Planner

Tiffanie Martinez, MSW
Event Coordinator

Michael Moreland
Video & Production Manager

Katrina Palmer, BA
Continuing Education Coordinator

Laura A. Sheldon, BS
Event Planner

Nathaniel Staley, BA
Research Assistant

Jason Steele
Program Assistant

John Vernier
Customer Service Operator

Pasquale Vignola, MA, LLP
Curriculum Specialist

VCE Mailing Address: 13101 Allen Road, Southgate, MI 48195 Toll-free Message Center: 888-785-7793 Fax: 734-785-7740

VCE OFFERS MORE ONLINE TRAININGS

Currently, the Virtual Center of Excellence offers the following trainings on our website, www.vceonline.org. VCE continues to add trainings to its repertoire.

Community Mental Health Required Trainings

- ▶ **Person Centered Planning with Children, Adults & Families**
Required every two years by all Mental Health Professionals
Course Offer: 1 CEC
- ▶ **Health Insurance Portability and Accountability Act (HIPAA)**
Required every two years by all Mental Health Professionals
Course Offer: 2.5 CECs
- ▶ **Medicaid Fair Hearings, Local Appeals & Grievances**
Required every two years by all Mental Health Professionals
Course Offer: 1 CEC
- ▶ **Annual Recipients Rights**
Required annually by all Mental Health Professionals

Supplementary VCE Trainings

- ▶ **ACT: Basic Elements of Assertive Community Treatment**
(required for all ACT staff)
Course Offers: 1.5 CECs
- ▶ **ACT - Advanced Elements I, II & III**
Course Offers: 1.0 CEC each
- ▶ **Advanced Directives**
Course Offer: 1.0 CEC
- ▶ **Anti-Harassment and Non-Discrimination (Employees)**
Course Offers: 0 CECs
- ▶ **Anti-Harassment and Non-Discrimination (Leaders)**
Course Offers: 0 CECs
- ▶ **Cognitive-Behavioral Treatment of Children & Adolescents**
Course Offers: 2 CECs
- ▶ **Cultural Competency: Working with LGBTQ Youth**
Course Offers: 1.5 CECs
- ▶ **Ethical Issues in Child & Family Therapy**
This training counts for 3 of the 24 hours of annual training required by the Michigan Department of Community Health (MDCH) for Children's Mental Health Professionals (CMHP). **It is not approved for social work CEC.**
- ▶ **Foundations of Self-Determination**
Course Offers: 2 CECs
- ▶ **Gender Development in Children**
Course Offers: 2.0 CECs
- ▶ **Impact of Child Trauma on Sensory Processing: Creating a Supportive Response for Children with Sensory Modulation Disorders: Concepts and Tools**
Course Offer: 3.0 CECs
- ▶ **Interdisciplinary Approaches to Pain Management**
Course Offers: 1 CEC
- ▶ **Medication Administration Refresher**
Course Offers: 0 CECs
- ▶ **Play Therapy with Children**
Course Offer: 2.0 CECs
- ▶ **Traumatic Brain Injury and Public Service**
Course Offers: 3.0 CECs

Q&A

VCE's Answers to the most commonly asked questions.

How do I register for VCE Online?

To register, you must have a valid and working email address. Once you have an email address, fill out the VCE Online Registration Form.

Is there a cost to use VCE Online?

VCE Online is free for all members of the Detroit-Wayne County Community Mental Health Agency workforce. Some live trainings contain a fee to attend, however.

Is there a time limit to when the website will be available online?

VCE Online is available 24 hours a day, 7 days a week, 365 days a year. You can access VCE Online from home, work or any computer with an Internet connection.

If I am not a social worker, could I register on the website?

ANY member of the Detroit-Wayne County Community Mental Health workforce can register for and use the VCE Online website.

How do I get in touch with someone from VCE?

The VCE staff is listed on the Contact Us page of our website. Additionally, if you need technical support with our website, please contact our customer support specialist via email at info@vceonline.org or by calling (734) 785-7793 and selecting "1" for technical assistance. Customer Support is available Monday-Friday, 8:30 a.m. until 5 p.m. Messages left will be responded to within 72 hours.

I forgot my password.

If you can not remember your password, you can fill out this form to have your password emailed to you. You must have access to the email account with which you registered with VCE Online.

I forgot my User ID.

Your User ID is the email address with which you registered on our website.

Why does VCE request so much information on its membership form?

The VCE is part of the Detroit-Wayne County Community Mental Health Agency (D-WCCMHA). Information collected from VCE's Online members allows D-WCCMHA to better understand its workforce and their needs. This information assists them in determining appropriate funding sources, training needs, staffing needs and many other benefits.

Save the Date!
May 15-17, 2011
University of Michigan,
Ann Arbor



**2011 MI-AIMH
 Biennial
 Conference**

Keynote Speakers:

Arietta Slade, PhD
Suzi Tortora, EdD
Robert Weigand, MS

FOR MORE INFORMATION,
 VISIT WWW.MI-AIMH.ORG.

Presenter Profile

Book helps readers find their inner joy

William M. Schafer, PhD, LP, published a book earlier this year on identifying the imbalance in our lives and reclaiming our inborn freedom and joy in being alive.

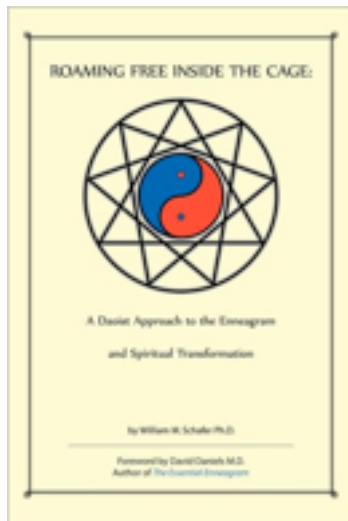
Roaming Free Inside the Cage: A Daoist Approach to the Enneagram and Spiritual Transformation provides a grounding in Enneagram personality theory and Daoist spiritual teaching before giving readers pause to consider how our personal pattern of imbalance distances us from the joy in life we knew as infants.

Dr. Schafer encourages the reader to take a penetrating look at the forces shaping our personality and our unique experience of the world through a spiritual lens. Drawing insight from centuries of Daoist, Judeo-Christian, Buddhist, and other spiritual teaching, as well as some of world literature's great poets, Dr. Schafer presents us with a map to discovering a deeper understanding of ourselves and the cage in which we roam.

"We are born with our hearts and arms wide open -- trusting, confident and

brimming with vibrant life energy. Over time, though, the challenges of life constrain that flow, leaving us unbalanced. We often find ourselves stuck in inertia, exhausted by overdoing, or strained and preoccupied with trying to control everything. *Roaming Free Inside the Cage*

will help you identify your unique pattern of imbalance and reclaim your inborn freedom so that you can move forward with clarity of vision, confidence in your own power and composure in the face of life's adversities."



A clinical psychologist for over 40 years, Dr. Schafer is well known and appreciated throughout the Detroit-Wayne County Community Mental Health system as a consultant and infant mental health specialist. In 2006, Dr. Schafer closed his private Ann Arbor-based psychotherapy practice to focus more energy on writing, while continuing his local- and national-level

consulting and teaching, including a series of Reflective Supervision workshops with the VCE.

The book is available in paperback or e-book format through Amazon.

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taking my prescription medications, journaling and spending a lot more time engaging in parenting and stress management seminars, now that I am a single father of two young children.

In January, I was elected to represent the State of Michigan in the Mr. North American Pageant. This opportunity has given me a significant platform to promote my agenda on stress, depression and anxiety disorders. I appear at healthcare facilities, schools, conferences, seminars, churches and advocacy group events. The

Mr. Michigan title has given me a unique opportunity to tour our state and chronicle my story.

Attending the VCE Fatherhood Conference in June was an extraordinary moment for me. I was inspired and it confirmed for me what my purpose in life is: to seize this opportunity to broaden people's awareness about anxiety disorders. It's imperative for me to candidly chronicle my struggles and triumphs. My opportunities through pageantry competitions uniquely helps me to provide inspiration and hope. I feel tremendously blessed to be experiencing this moment in my life.

Peer Points

PLEASE CALL ME "RAY"

Using people-first language is important for all of us.

If you work with people with disabilities and need to refer to someone you serve, why not try saying, "This is Ray, a person I support."



Ray Schuholz

Please do not refer to me as your client or consumer.

When speaking about a group of people, please try not to group us together as your clients, or your consumers, or your caseload ... we are not "cases," we are people. Try saying, "the people I support," or "I work with 20 people" in place of "I have a caseload of 20 consumers."

Making these simple changes in your day-to-day language could help you from unintentionally hurting someone's feelings.

Together, we can shape attitudes. Let's start with changing the language we use -- NO MORE LABELS PLEASE! Label jars, not people.

Ray has recently videotaped a people-first language talk for the VCE website, which will be posted soon at www.vceonline.org.