

Living Hope



2010 TRAINING SERIES

Presented by Sherri Rushman

Check out these great training opportunities that will encourage, educate and empower persons receiving public mental health services and their family members. These trainings are also open to core provider staff, direct care workers and anyone who supports persons with disabilities. Bring along someone you support– it will be a great time to learn together. Social Worker continuing education credits (CE's) are available for the trainings indicated.

BE YOUR OWN ADVOCATE

Presented with Theresa Arini

January 5, 2010 9:30-11:30 am

Community Network Services

38855 Hills Tech Dr., Farmington Hills, MI, 48331

February 9, 2010 9:30-11:30 am

Training and Treatment Innovations Group Room D

1450 S. Lapeer Road, Oxford, MI, 48371

Self Advocacy refers to “an individual’s ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs, and rights”. At this training you will learn what it means to be your own advocate, how to be an advocate, how to speak for yourself, be heard and get what you need.

THE POWER OF HOPE: A BREATHE OF FRESH AIR

Presented with Fran King

March 24, 2010 9:30-11:30 am

Easter Seals – Michigan

22170 West Nine Mile Road, Southfield, MI, 48034

1.5 CE's available

Hope is as essential to life as the air we breathe. Without it there are no dreams. Without dreams, there can be no happy prospects that our life will change. In this class you will learn the double edged strategy for how to grasp a hold of Hope when you don't have it and how to keep it when you do!

In this inspiring class you will learn from Hope Master, Sherri:

- Why you must become a Hope Receiver and exactly how to become one.
- How to become a Hope Giver and how it helps you and others.
- What is a Hope Stealer and why you don't want to become one.

DEFEATING LONELINESS

Presented with Fran King

February 3, 2010 1:30-3:30 pm

Community Network Services

38855 Hills Tech Dr., Farmington Hills, MI, 48331

Everyone needs friends we can talk to, pals to share activities with and people we can depend on. This training is based on Mary Ellen Copeland's *The Loneliness Workbook* and we will explore:

- How to reduce loneliness.
- Next steps to use after the training.
- How Person Centered Planning can help.

DARE TO DREAM: THE BEST OF PERSON CENTERED PLANNING

March 3, 2010 1:30-3:30 pm

Presented with Mary Gearhart

Community Network Services

38855 Hills Tech Dr., Farmington Hills, MI, 48331

March 17, 2010 9:30-11:30 am

Presented with Stephanie Jackson

MORC 400A

1270 Doris Road, Auburn Hills, MI 48326

1.5 CE's available

Person Centered Planning can be a great adventure and a proven practical tool to stretch your thinking about new goals you can reach for and achieve to improve the quality of your life!

Through idea sharing and interesting exercises you will:

- Get some fresh ideas.
- Learn how to take the lead in your planning.
- Understand it's more than just paperwork.

YIKES! I'M IN A CRISIS, WHAT SHOULD I DO?

January 20, 2010 9:30-11:30 am

Easter Seals – Michigan

22170 West Nine Mile Road, Southfield,
MI, 48034

1.5 CE's available

March 9, 2010 9:30-11:30 am

Training and Treatment Innovations Group Room D
1450 S. Lapeer Road, Oxford, MI, 48371

Don't find yourself or those you serve in this situation. Planning for a crisis can help you be more proactive to avoid the crisis or let those around you know what to do if you are in crisis. A little planning can go a long way. You will:

- Think about, and write down, ways to prevent a crisis.
- Think about and write down, ways to respond to a crisis, should it occur.
- Learn how to and begin writing a formal crisis plan.

UNDERSTANDING SELF DETERMINATION: IS IT FOR ME?

Presented with Jeff Guthrie and Kim Rosario

January 12, 2010 9:30-11:30 am

Training and Treatment Innovations Group Room D
1450 S. Lapeer Road, Oxford, MI, 48371

Learn how you can have more control of your services and supports and your life. This training will explore the principles of Self Determination, how to use the tools of Self Determination to manage your supports and services, and how to have more control of your life. Individuals will share their experience with Self Determination, what they have been able to do and what that has meant in getting the life they want.

SPEECHCRAFT CLASS

Contact Sherri Rushman at (248) 975-9531 or rushmans@occmha.org to find out about the next class.

This eight week class will increase your confidence in speaking in front of a group or in public. Learn how to “wow” the audience with your speech. If you are, will be or want to be a presenter or to be able to effectively “tell your story” this is class is a must. And it's fun! You will:

- Learn the basic parts of a good speech.
- Learn to speak more comfortably in front of people.
- Practice giving speeches in a small group setting.

KEEP CONTROL OVER YOUR LIFE

Presented with DeLora Williams

1.5 CE's available

February 24, 2010 1:30-3:30 pm

MORC 400A

1270 Doris Road, Auburn Hills, MI 48326

Whether you have an ongoing physical or mental illness, one of the ways you can keep control over your life, even when your symptoms return, is to make decisions about the specifics of the care you desire when you are temporarily unable to be in control of your life. In this class persons with disabilities, family members and professional staff will learn:

- The importance of advanced planning for difficult times.
- What is an Advance Directive and who will administer it.
- How to write an Advance Directive that will speak for you when you are unable to make decisions.

OVERCOMING LOSS: HOW TO FIND YOURSELF

presented by Lori A. Mello LBSW, L.P.C, MPA

& Jackie Heller, BA -Peer Advocate

January 6, 2010 1:30-3:30 pm

MORC 400A

1270 Doris Road, Auburn Hills, MI 48326

This workshop will explore how to take care of yourself after a loss. A “loss” for example could be a death of a family member or friend, a known way of life, loss of a friendship, a skill, or a job. This workshop will provide an opportunity to share losses together and assist you in:

- Understanding the stages of grief.
- Exploring different kinds of loss.
- Learning how to heal after loss.

THE MEAT AND POTATOES OF HOW TO BRING HOME THE BREAD!

presented by Roz Kenroy, BSW

1.5 CE's available

February 17, 2010 9:30-11:30 am

Easter Seals – Michigan

22170 West Nine Mile Road, Southfield, MI, 48034

Come and learn why you are an excellent Candidate for employment. Let's talk about your gifts. Let's talk about you taking control over your job search. Learn about programs that can help you on that journey. Do you know about Ticket to Work, Pass Plans, and Benefits Planning? Are you in an active job search? If not, do you want to be?

Come and join us for this informational interactive session regarding employment!

HOW TO REGISTER

Contact Debbie Wisser at (248) 858-0929 or at RegisterMe@occmha.org to register for any of these trainings. Please let her know the name of the training you would like to attend and the date of the training. Leaving a message means you are registered. Also visit www.occmha.org for current Living Hope Series information. Training information will be listed on the training calendar.