

# ***North Carolina Community Transitions Institute***



## ***Ensuring Quality Transitions to Community Life***



**Transitions Symposium  
May 21 - 22, 2015  
Friday Institute for Educational Innovation  
North Carolina State University  
Raleigh, North Carolina**

## Institute Goals and Objectives

To pilot a learning opportunity that:

- Includes quality content immediately relevant to the practice of supporting a transitioning individual;
- Strengthens Institute members' knowledge of, and utilization of, person-centered practices and motivational interviewing techniques;
- Determines which training methods/approaches are most effective in conveying practical application of information and fostering collaboration among Institute members;
- Collects clear data on the efficacy of the Institute and clear recommendations for improvements, including both content and approach.

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North Carolina  
Community Transitions Institute

May 2015

Dear Institute Colleagues,

Like many new initiatives, the NC Community Transitions Institute grew out of a series of observations:

1. Quality transition work requires engaging a variety of resources, yet there are very few statewide opportunities to learn about what resources are available.
2. Quality transition work requires collaboration, but few statewide opportunities exist for people who facilitate long-term care transitions to come together in fellowship and learning.
3. Although “person-centered supports” has become a ubiquitous term in our long-term care system, we collectively struggle to know exactly what the concept means and what it calls us to do in the context of transition planning.

The more people we talked to, the more resonant these observations became. The Institute pilot initiative was born and together, starting now, we begin shaping its future.

While the Institute incorporates nationally recognized models of quality transition practice, we know from experience that good models only go so far.

Quality transitions are informed by models of practice, but *depend* on dedicated people.

To facilitate quality transitions, people like you must care deeply about supporting a person to realize her wishes, even if those wishes at first seem unattainable. People who facilitate transitions must be curious, creative and even a bit fearless as they search for essential resources and supports. They must find joy in working with others. They must be competent, organized, passionate, and really good at what they do.

By taking the initiative to submit an application and committing the energy needed to join the Institute, you have already started to reveal how dedicated you are.

Thank you and welcome!

In Common Purpose,

A handwritten signature in black ink, appearing to read 'Trish', written over the typed name 'Trish Farnham'.

Trish Farnham, *NC Money Follows the Person* Project Director  
On behalf of NC DHHS and the NC Community Transitions Institute Steering Committee

## Program Reminders

This Institute is highly-interactive and to ensure everyone can fully participate we offer the following reminders.

**Plan for activities and movement during the day.** Each day Institute members will participate in interactive discussion “carousels” which involve moving to different parts of the room, will be placed in groups for working lunches which may be in different break-out rooms, and will be engaging in discussions with individuals that you normally do not connect with which may involve changing seating arrangements. Please plan accordingly for the active learning nature of the Institute.

**Dress accordingly.** The Friday Institute will be set at a standard temperature of approximately 73-74 degrees Fahrenheit that cannot be changed, therefore, please dress accordingly based on your personal temperature preferences (e.g., dressing in layers and bringing a jacket).

**Attend to “scent-sensitivities.”** Some Institute members may have sensitivities or allergies to fragrances, therefore, please avoid wearing any fragrance.

**Engage in individual and collective assessment, reflection, and debriefing.** At the end of each session all Institute members will be asked to engage in debriefing conversations of the content with the individuals at each table, complete evaluation forms, and participate in reflective learning activities. The evaluation and reflection forms that are completed throughout the day will be collected at the end of each day.

**Please Reduce, Reuse, and Recycle.** To limit the impact on the environment we will collect name badges at the end of each day and reuse them throughout the Institute so we do not have to print new badges for each day. Each Institute member will be provided a copy of materials that are used during the sessions, therefore you do not need to print any materials to bring with you. Finally, please bring your own coffee cup to reduce waste of disposable cups.

**Remain committed to the Institute so that we can achieve our goals and objectives.** As an accepted member of the Institute you are expected to attend both days of the 2-Day Transitions Symposium (May 21 & 22, 2015), all 3 days of the Person-Centered Symposium (August 4 and 5 & September 9, 2015, OR July 28 and 29 & September 10, 2015), the focus groups (dates TBD), and to engage in the online learning community. If you are unable to attend substitutions are NOT allowed.

# Directions to The Friday Institute for Educational Innovation

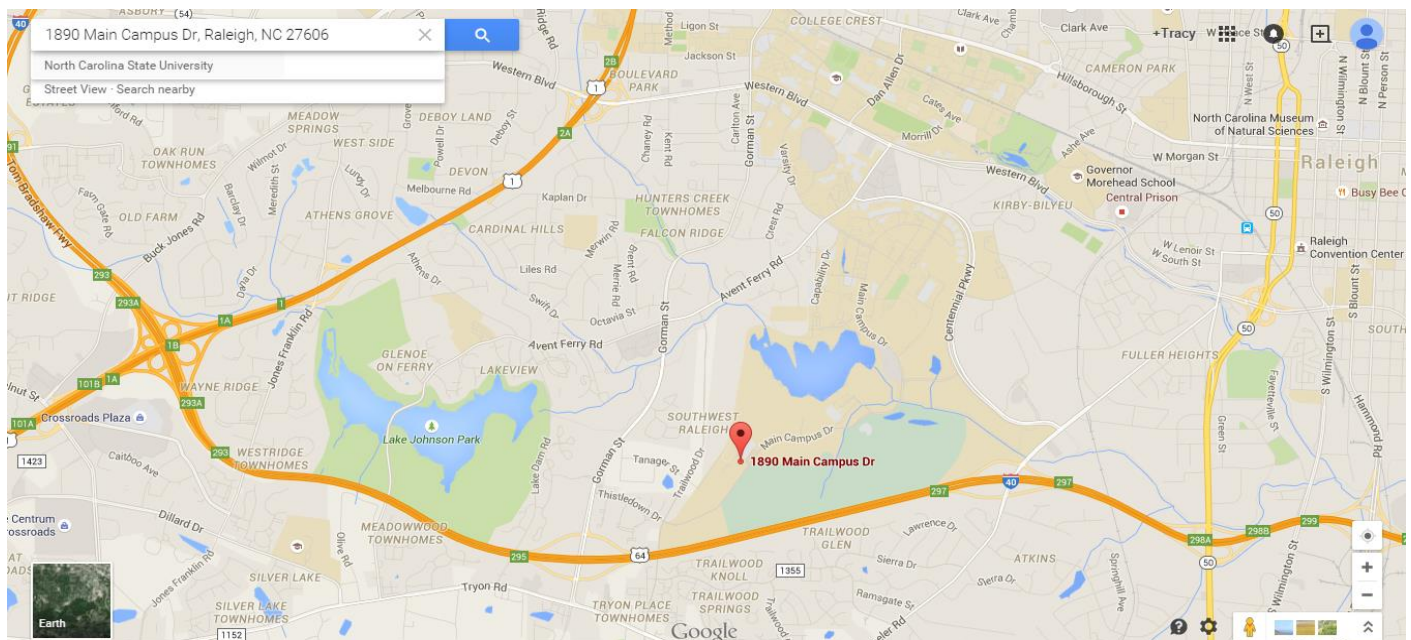
1890 Main Campus Drive Raleigh, NC 27606 (919) 513-8500

**From I-440/Beltline:** Take Western Boulevard/NCSU exit from I-440. Turn right (downhill- away from NC State's main campus) onto Avent Ferry Drive. At the second traffic light turn left onto Varsity Drive (onto Centennial Campus). At the first stop sign, turn right onto Main Campus Drive. Follow Main Campus Drive 1.5 miles until you reach the Friday Institute on the right adjacent to the Centennial Campus Middle School at 1890 Main Campus Drive.

**From I-40, West of Raleigh (including RDU Airport):** Follow I-40 East toward Raleigh. Take the Gorman Street exit (exit 295) from I-40. Turn left onto Gorman Street. Stay on Gorman Street for about 1/2 mile. Turn right at Thistledown Drive. Stay on Thistledown for about 1/2 mile. At the intersection of Thistledown and Trailwood, continue straight ahead onto Main Campus Drive. The Institute is located 3/4 mile ahead on the left.

**From I-40, East of Raleigh:** Follow I-40 West toward Raleigh. Take the Gorman Street exit (exit 295) from I-40. Turn right onto Gorman Street. Stay on Gorman Street for about 1/2 mile. Turn right at Thistledown Drive. Stay on Thistledown for about 1/2 mile. At the intersection of Thistledown and Trailwood, continue straight ahead onto Main Campus Drive. The Institute is located 3/4 mile ahead on the left.

**From Inside the Raleigh Beltline:** Take Western Boulevard to Avent Ferry Road. Turn south (downhill- away from NC State's main campus) onto Avent Ferry Drive. At the second traffic light turn left onto Varsity Drive (onto Centennial Campus). At the first stop sign, turn right onto Main Campus Drive. Follow Main Campus Drive 1.5 miles until you reach the Friday Institute on the right adjacent to the Centennial



***Special Thanks to the  
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# Quality Transitions in Long-Term Services and Supports (LTSS) Emerging Principles (A Working Draft)

Transitions within the long-term care community are defined by various populations, occur in various settings, and are facilitated by various people serving differing roles. And like any social-professional evolution, the core competencies essential for quality transition planning become more refined over time. Despite North Carolina's diverse transition landscape, an emerging set of principles are helping shape how "quality" is defined in the transition process.

## **People who facilitate quality transition planning**

- Understand that at the center of every transition, is a person, whose interests, needs, personality and circumstances uniquely inform and shape the transition dynamic;
- Support the person exploring a potential transition in making an informed decision about how, when and where to transition-- facilitating opportunities to see and experience options if needed to feel truly comfortable in her ultimate decision, including not transitioning at all;
- Enjoy the transition process and supporting a person's access to community life—the hard work, the collaboration, the long to-do lists;
- Serve as a knowledgeable guide to the person transitioning and as appropriate, to her family, understanding that the person will soon be making a significant life change and may be anxious about the process;
- Model a respectful, positive, "can do" attitude throughout the process to both the person and all others helping with the transition;
- Understand that an "assessment" of a person's transition needs is deeper than simply reviewing records, but requires building a relationship with the person and others as appropriate to fully appreciate what capacities are present and what supports are needed.
- Are "optimistically honest" about challenges the person transitioning may face, but sincerely works to overcome those challenges even if they may ultimately prove to be insurmountable;
- See the person and, as appropriate, her family as central participants in the transition process, deserving regular communication and support and taking on responsibilities in the transition work and guiding the process where possible;
- Understand, through conversation and research, why a person came to the facility and why they are motivated to transition home, using these reasons to guide and shape the transition planning;
- Understand effective transition planning does not hinge on becoming the expert on all areas relevant to a transition but rather partnering with the experts to ensure a person's needs are effectively supported;
- Understanding that transition planning requires creative thinking and the curiosity to seek out solutions that are right for the person transitioning;
- Are willing to be flexible to meet the specific transition needs of the person involved;
- Assume responsibility for ensuring all of the necessary partners do their part and that identified services and supports are in place upon transition and begin as intended.
- Are highly organized and responsive to the person and to the team members assisting in the transition.



## Quality Transition Planning...

- Is neither chaotic nor sluggish.  
People who facilitate transitions recognize that chaotic planning results in mistakes and potential gaps in care, while sluggish planning results in a loss of momentum and potentially diminished resources and opportunities.
- Is holistic.  
People who facilitate transitions look beyond the essential components related to housing, support services and physical and mental health, but also consider the person's specific needs related to family, community, and sense of contribution.
- Is transparent and collaborative.  
People who facilitate transitions ensure key partners are working together, communicating regularly and sharing information to best ensure a quality transition.
- Ensures continuity in critical services and supports.  
People who facilitate transitions ensure the person has access to the critical services and supports, however defined by and for that person, are in place on the day of the transition.
- Recognizes that the transition day is not the endpoint, but the midpoint.  
People who facilitate transitions provide the post-transition follow up necessary to ensure the transition plan is implemented as intended and facilitates solutions to issues that may have emerged.
- Recognizes that transition roles are often temporary and ensures "warm handoffs" between partners.  
People who facilitate transitions recognize that a person who has recently transitioned deserves to meet and build a relationship with others who may be guiding her through her community experience.

<b>Time</b>	<b>Agenda – Thursday, May 21<sup>st</sup> Sessions Facilitated by Trish Farnham and Linda Kendall Fields</b>
8:00 – 9:00 am	Registration and Interactive Learning Carousel
9:00 – 10:00 am	<p align="center"><b>Opening Keynote: Dignity of Experience</b></p> <p align="center">Monica Foster (BUTTERFLYWHEEL® Motivation, Advocacy, &amp; Consulting)</p>
10:15 – 11:15 am	<p align="center"><b>Navigating the Decision Making Process: Understanding Guardianship and Powers of Attorney</b></p> <p align="center">Holly Stiles (Disability Rights of North Carolina) LeShana Baldwin (Division of Aging and Adult Services)</p>
11:30 – 12:30 pm	<p align="center"><b>Supporting Access to Work: How Social Security and Employment Fit Together</b></p> <p align="center">Barbara Wilder, Brenda Lowe, and Wayne Howell (Division of Vocational Rehabilitation), Brian Simpson (Social Security Administration)</p>
12:30 – 1:30 pm	<b>Working Lunch</b>
1:30 – 2:30 pm	<p align="center"><b>Supporting Partnerships: Collaborating with Facilities Through the Transition Planning Process.</b></p> <p align="center">Tim O’Toole and Vivian Leon (Division of State Operated Health Facilities) Polly Welsh (NC Healthcare Facilities Association)</p>
2:45 – 3:45 pm	<p align="center"><b>Supporting Family Dynamic: Supporting and Preparing Caregivers for Transition</b></p> <p align="center">Alicia Blater (Division of Aging and Adult Services) Betsy MacMichael (First In Families)</p>
3:45 – 4:00 pm	<b>Wrap-up and Closing Thoughts</b>

<b>Time</b>	<b>Agenda – Friday, May 22<sup>nd</sup> Sessions Facilitated by Trish Farnham and Linda Kendall Fields</b>
8:00 – 9:00 am	Registration and Interactive Learning Carousel
9:00 – 10:00 am	<p align="center"><b>It Takes a Team</b>  <i>Linda Kendall Fields</i> (Land of Sky Regional Council and NC DHHS)  <i>Jen Branham, Donna Case, Barbara Many, and Suzanne Sherrill</i>            (Western Carolina Collaboration)</p>
10:15 – 11:15 am	<p align="center"><b>Supporting the Development of Independent Living Skills</b>  <i>Rene Cummings</i> (Alliance CIL), <i>Keith Greenarch</i> (The Adaptable Center for Independent Living), <i>Jeanne Moran</i> (Joy A. Shabazz Center for Disability Rights), and <i>Becky Tyndall</i> (Disability Advocates and Resource Center)</p>
11:30 – 12:30 pm	<p align="center"><b>Accessing Affordable, Accessible Housing Options</b>  <i>Ellen Blackman</i> (NC DHHS/DAAS)</p>
12:30 – 1:30 pm	<b>Working Lunch</b>
1:30- 2:30 pm	<p align="center"><b>Supporting Physical Health &amp; Wellness: Understanding Community-Based Medical Resources</b>  <i>Marti Wolf</i> (NC Community Health Center Association),  <i>Lynne Perrin</i> (Community Health Partners) and the Health Department</p>
2:45 – 3:45 pm	<p align="center"><b>Closing Keynote: Where Do We Go From Here?</b>  <b>Laurie Coker</b>            (NC Consumer Advocacy, Networking, and Support Organization)</p>
3:45 – 4:00 pm	<b>Wrap-up and Closing Thoughts</b>

# Speakers' Snapshots

## *Opening Keynote: Dignity of Experience*

### **Monica Foster**

Monica J. Foster is more than a vibrant amputee on wheels born with spina bifida, thriving through depression, survivor of violent crime, a disabled veteran's child and stroke survivor's wife. She's an advocate, businesswoman, nationally sought-after motivational speaker and trainer, keynote presenter, and seminar leader. Monica can help you push through highly emotional issues preventing you from navigating your community and internal store of resources to maximize your highest potential.

Monica lives in Landis, N.C. with her husband, Bryan, and their rambunctious cats, Annabelle and Poe. Monica is founder of BUTTERFLYWHEEL® Motivation, Advocacy & Consulting ([www.butterflywheel.com](http://www.butterflywheel.com)), a professional coaching and consulting business. She specializes working with women with disabilities, chronic illness and mental health challenges. Using varied tools, she nudges clients and seminar attendees over, around and through internal and external obstacles toward opportunities to lead life 'beyond limits' as she calls a life impacted by various challenges and labels.

Awarded 2014 USA Vision Board Coach of the Year by The Vision Board Institute, Monica is a former Governor's appointee to N.C. Council on Developmental Disabilities and N.C. Statewide Independent Living Council, has certificates as Master Vision Board Coach; Life, Life Purpose, Career and Energy Coach, a N.C. Certified Peer Support Specialist, Certified Peer Visitor through Amputee Coalition of America, Meeting and Event Planning certification and has extensive knowledge of the Americans with Disabilities Act.

## *Navigating the Decision Making Process: Understanding Guardianship and Powers of Attorney*

### **Holly Stiles**

Holly is a native of Asheville. She received a degree in Ancient History from UNC-Chapel Hill, and then dabbled in being a New Yorker while completing her law degree at New York Law School. She works with clients who are facing barriers to employment and full participation in community life. Holly is especially interested in the challenges faced by people who work with service animals and who are deaf and hard of hearing. Holly has worked with Disability Rights NC since 2009.

### **LeShana Baldwin**

LeShana Baldwin is the Adult Protective Services and Guardianship Coordinator with the North Carolina Division of Aging and Adult Services. Her background includes experience in both Adult and Child services. She has several years of experience working in the public and private social services field in North Carolina.

# Speakers' Snapshots (Continued)

***Supporting Access to Work:  
How Social Security and Employment Fit Together***

**Brenda Lowe**

Brenda has a background in Medical Counseling. Since 2001 she has been a Certified Work Incentives Coordinator (CWIC) with the Work Incentives Planning and Assistance (WIPA) grant funded by the Social Security Administration. She works with Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries who want to transition into the work force and are between the ages of 14 and 64, or are currently working and want to know what affect employment has on their benefits. She worked for eleven years with EasterSeals UCP of NC and VA serving eight counties in NC. For the last 1 year and five months she has worked as a Benefits Counselor with the NC Division of Vocational Rehabilitation Services. Serving twenty-four counties in North Carolina she works with individuals with various types of disabilities, who are referred by Vocational Rehabilitation counselors and beneficiaries who and working in the community, and want Work Incentives information or counseling.

**Brian Simpson**

Brian has worked for the Social Security Administration (SSA) since 2003. He spent the first 4 years of his career as a Claims Representative, and he was promoted to the management-level Public Affairs Specialist position in 2007. Brian has conducted nearly 400 speaking engagements for the agency, and he has been interviewed on WRAL-TV and News 14 Carolina more than 70 times. He also hosted a national SSA webinar that gained more than 30,000 views online.

Brian asks that attendees visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to access and print their annual Social Security Statements. Please bring your Statement with you to the meeting, as Brian will discuss the information found in that document.

# Speakers' Snapshots (Continued)

**Supporting Partnerships:  
Collaborating with Facilities Through the Transition Planning Process**

**Vivian Leon**

Vivian is a graduate of the University of NC-Greensboro with a bachelor's degree in Social Work. She has 27 years of experience in the mental health / developmental disabilities / substance abuse services (MH/DD/SAS) system in the developmental disabilities field. She also has three years of experience in aging services.

Vivian has held positions include Mental Health Program Mgr. with the Division of MH/DD/SAS providing policy development in best practices in services for individuals with Intellectual/Developmental Disabilities (IDD) including HCBS waiver management; Regional Service Support Specialist providing guidance, technical assistance, coordination, training, monitoring and consultation to 13 DMH/DD/SAS area programs in the Eastern Region of NC; and HCBS waiver coordinator and case manager in two local DMH/DD/SAS area programs. Currently she serves in the Division of State Operated Healthcare Facilities (DSOHF) on the developmental center team working with North Carolina's three developmental centers. Primary functions include provision of technical assistance regarding admission / discharges and community transitions efforts; support the development of new community living opportunities through working with families who have expressed an interest in moving to the community; serve as representative to the MFP project for DSOHF; collaboration with sister agencies as needed to provide input into policy development for the IDD population; respond and provide technical assistance/case consultation on complex cases; and provide IDD expertise in the review of federally mandated PASRRs with the goal to divert nursing home admissions.

**Timothy O'Toole**

For the past 10 years Timothy has worked at the STARS program located on the campus of Murdoch Developmental Center located in Butner, NC. The Specialized Treatment for Adolescents in a Residential Setting (STARS) program is an ICF/IDD service provided by the State of North Carolina Department of Health and Human Services.

The STARS program serves adolescents, ages 13 through 17, from across the state who have a dual diagnosis (e.g., intellectual disability, autism spectrum disorder, or other developmental disability and mental illness), and demonstrate extreme and dangerous forms of aberrant behavior. The STARS program is specifically designed for individuals with developmental disabilities who have been unsuccessful in developing and maintaining an effective, pro-social behavioral repertoire in other treatment settings. The main focus of treatment is behavior stabilization and development of skills that the student needs to succeed in an academic, vocational, and social setting.

As a social worker he extensively works with area MCO's, schools, providers, psychologist, specialist, and all types of programs that serve individuals with I/DD and Autism. Our main goal is to help teach and prepare the individuals' needs that are being discharged from our program. We are a time limited program of one year but work on transition as soon as the person first comes to the program. We have learned that there can never be enough transition planning and that it is an ongoing process even when the individual has left our campus.

# Speakers' Snapshots (Continued)

*Supporting Partnerships:  
Collaborating with Facilities Through the Transition Planning Process*

**Polly Welsh**

Polly has been a Registered Nurse for over 35 years and has a certification as a Gerontological Nurse from the American Nurses Credentialing Center. She is a graduate of North Carolina State University where she earned a Bachelor of Science in Health Occupations Education. Currently, Polly is enrolled in the Master of Public Health Program, Long Term Care Training Continuum, at East Carolina University. In her current position as Executive Vice President of the North Carolina Health Care Facilities Association, Polly focuses on long term care policy, regulation, and quality issues. Polly has also served as Vice President of Future Care of North Carolina. FutureCare is a non-profit foundation that serves as the conduit for the assessment and dissemination of state-of-the-art technologies and best practices related to medical/nursing care, as well as, those strategies for enhancing the residential life experience of persons residing in skilled nursing facilities.

From 1993 until 2008, Polly held the position of Director of Regulatory Systems and Quality Initiatives for the North Carolina Health Care Facilities Association (NCHCFA) and was responsible for all regulatory systems pertaining to long-term care, including monitoring and interpretation of regulatory activity and interaction with related agencies. Polly conducts statewide as well as national educational sessions on leadership, quality and regulatory issues. From 1985 until 1993 Polly worked for the NC Department of Human Resources, Division of Facility Services, Licensure and Certification Section as the Program Manager for Quality Assurance/Training. She was responsible for implementation of OBRA '87 in NC's Medicare/Medicaid Certification program. Prior to the quality assurance and training position, Polly was the Assistant Branch Head of the Medical Review Branch. From 1976 to 1985 Polly held both administrative and staff positions in both acute and long-term care facilities.



# Speakers' Snapshots (Continued)

**Supporting Family Dynamic:  
Supporting and Preparing Caregivers for Transition**

**Alicia Blater**

Alicia Blater earned a bachelor's degree in public relations from Brigham Young University and worked for ten years in media and healthcare communications in and around Salt Lake City, Utah, before moving east to North Carolina.

She is accredited in public relations from the Public Relations Society of America and credits those years spent in home care, hospice, and hospital services as positive training ground for her eventual transition to aging services.

Alicia has a post-baccalaureate certificate in non-profit management and a master's degree in gerontology from the University of North Carolina at Greensboro. She is currently employed by the North Carolina Division of Aging and Adult Services as the project director for the NC Lifespan Respite Project and the state consultant for the Family Caregiver Support Program.

**Betsy MacMichael**

Betsy MacMichael, Executor Director of First In Families of NC, has worked in the field of Intellectual/Developmental Disabilities in NC for the last 16 years. Alongside many allies, she has dedicated her efforts to promoting self-determination, inclusion and positive community awareness of families and family support needs.

First In Families complements the formal service system to meet the many and various needs of families and individuals, especially those who are not receiving formal services or who have needs outside the system. Betsy also works on system change including policies on aging, siblings, alternatives to guardianship, supported employment, integrated health, and deeper public awareness.

Since 2005, her work has emphasized the crucial need for future planning for families, and how to make it more accessible through both programming and system-wide changes. Before her current position, she managed a federal grant to promote self-direction in NC, was an Inclusion Specialist for pre-schoolers, and an Intern for the NC DD Council. Betsy has received awards from The NC DD Council, NC Tash, and the Arc of Durham. She holds a Master's Degree, has lived in five countries, and is also mother to two girls, one a 23-year old daughter with I/DD who graduated in May from Beyond Academics at UNCG.

## Speakers' Snapshots (Continued)

*Community Partnership between  
Behavioral Health, Long-Term Services and Support, and Primary Care*

**Linda Kendall Fields**

Linda Kendall Fields, M.Ed., has been dedicated to building communities that are responsive to the needs and contributions of older adults and people with disabilities for over 30 years. During her career, she has worked for health care organizations; state and local government agencies; and, other aging and disability service organizations in Minnesota, Oregon, Ohio, Georgia and North Carolina.

As a resident of Western North Carolina during the past 13 years, Linda has provided leadership to several state projects aimed at supporting individuals transitioning to the community, including both the Georgia and North Carolina Nursing Facility Transitions Grants from 2002 - 2007.

Currently, Linda is an Aging and Disabilities Program Specialist at Land of Sky Regional Council in the Asheville area and is also employed through DHHS at the state level as the Outreach Facilitator for the NC Money Follows the Person Demonstration Project and the Program Specialist for the NC Lifespan Respite Project. /

# Speakers' Snapshots (Continued)

## *Supporting the Development of Independent Living*

**Rene Cummings**

**Keith Greenarch**

Keith grew up in Western North Carolina in the quaint town of Waynesville. He lived in the mountains until 2010 when he moved to the Triad. Keith has been involved in independent living since 2004. This explains his passion for working with people with disabilities and wanting to improve their lives through advocacy and peer support.

After working in the corporate world for 22 years, Keith found himself at a point in his life that led him to return to school to study computers. After graduation from College, he led a program that refurbished computers and placed them in homes for people with disabilities.

Keith was honored in 2010 as the National Council on Independent Living (NCIL) Region IV Advocacy winner for his dedication to promoting the rights of people with disabilities and advancing the independent living movement. Keith served as Board President of The North Carolina Disability Action Network from 2009 to 2012 and is the Chair of the North Carolina Assistive Technology Program (NCATP) Grant Advisory Council.

In 2010, Keith was appointed by North Carolina Governor Beverly Perdue and reappointed in 2012 to serve on the Statewide Independent Living Council and now serves as the council chair. Keith is the Assistant Director of the Adaptables Center for Independent Living in Winston-Salem NC.

## Speakers' Snapshots (Continued)

<b>Supporting the Development of Independent Living</b>	
<p><b>Jeanine Moran</b></p> <p>Jeanine has a long career in Health Services and came to the Shabazz Center in 2004 to construct a Nursing Home Transition Program working with the First Choice Grant that would eventually lead to what is currently <i>Money Follow the Person</i>. Productively she has established that program and developed skills as an advocate. Having assisted many Skilled Nursing Facility and other restrictive environment transitions success. Educated as Fair Housing Coordinator, Certified Options Counselor and Soar Trained as well, with an Associates in Sociology. Has a passion for helping people to make their transitions successful.</p>	<p><b>Rebecca (Becky) Tyndall</b></p> <p>Becky attended UNC-Greensboro and received a BS degree in Home Economics. She then attended University of Nebraska-Lincoln where she received a MS in Home Economics and Rehabilitation Counseling. Her first job, for 10 years, was at Southeastern Regional Rehabilitation Center in Fayetteville, NC where she taught independent living skills to persons with physical disabilities, designed accessible homes, and provided discharge planning. She then accepted new employment with NC Independent Living Program in Greenville, NC where she worked as a counselor and a supervisor for 26 years.</p> <p>In October 2014 she retired from the State and accepted new employment with Disability Advocates and Resource Center (DARC) as an Independent Living Counselor managing a caseload of consumers who have transitioned or who plan to transition from nursing homes and homeless shelters. Three transitions have been completed since October 2014.</p>
<b>Accessing Affordable, Accessible Housing Options</b>	
<p><b>Ellen Blackman</b></p> <p>Ellen came to the NC DHHS/DAAS in October, 2014 as the Regional Housing Manger. One of her roles as Regional Housing Manger is oversight of the Targeting Program. She has had 19 years of experience in the Public Housing Authority setting working with the Housing Choice Voucher Program. She has had 4 years of experience working with various housing programs in the Local Management Entity/Managed Care Organization. Her behavioral health experience includes the operation of a 24/7/365 Residential Program for adult Substance Abusers.</p>	

## Speakers' Snapshots (Continued)

***Supporting Physical Health & Wellness:  
Understanding Community-Based Medical Resources***

**Marti Wolf**

Marti Wolf, RN, MPH is the Clinical Programs Director with the NC Community Health Center Association where she is responsible for providing training, technical assistance, developing programs and establishing partnerships in clinical areas for North Carolina's Community Health Centers. She joined NCCHCA in January 2002 as a coordinator for the Bureau of Primary Health Care's Health Disparities Collaboratives, and subsequently directed 3 cohorts of a state-based Chronic Disease Management Collaboratives. Her nursing career spans more than 30 years and includes oncology nursing, staff development and education, quality management, and program development and implementation including a diabetes program in a Community Health Center. In her tenure at NCCHCA she has been a successful grant writer for clinical programs including cancer, medical-dental integration, and a health informatics and analytics platform.

She has presented in national forums on chronic disease management and has published in journals such as JCAHO's Journal on Quality and Safety and the ADA's Journal of Clinical Diabetes. She partnered with the University of North Carolina and the Lineberger Cancer Center to produce "Options for Increasing Colorectal Cancer Screening Rates in North Carolina Community Health Centers" and in subsequent research projects.

She holds a BA in German and Anthropology, an Associate Degree in Nursing with RN licensure and a Masters of Public Health from the University of North Carolina at Chapel Hill.

**Lynne Perrin**

Lynne serves as the Network Manager of Community Health Partners, a not-for-profit organization affiliated with Community Care of North Carolina that is charged with managing the care of the Medicaid population. Community Health Partners' service area includes Gaston and Lincoln Counties.

Ms. Perrin has over 35 years of experience in health and human services in North Carolina working at the county, regional and state level. Her experience includes serving as the Area Agency on Aging director for the Piedmont Triad Council of Governments, as the Assistant Secretary for Aging, Disability and Long Term Care for the North Carolina Department of Health and Human Services, and as policy chief with the NC Division of Medical Assistance.

While at the Division of Medical Assistance, she was responsible for Medicaid clinical policies affecting facility services (hospitals, nursing facilities and adult care homes / assisted living), home and community based services, including the 1915 waiver program for the elderly and disabled, and PACE (Program for All-Inclusive Care for the Elderly).

She was selected as a national fellow in the Robert Wood Johnson Long Term Care Leadership Program. Ms. Perrin comes from a family of physicians. She graduated from the University of North Carolina at Chapel Hill with a degree in economics.

## Speakers' Snapshots (Continued)

### *Closing Keynote: Where do We Go From Here?*

#### **Laurie Coker**

Laurie Coker is known to many in North Carolina as a strong advocate for the rights and respect of and service quality for persons with mental health complications, substance use problems, and developmental or intellectual disabilities. She worked as a psychiatric nurse for years in various settings serving children and adolescents, adults, persons with substance use problems, and incarcerated persons. Furthermore, she and her husband have dealt with the realities of psychiatric illness in their own family, further qualifying her to understand many dimensions of psychiatric disability, addiction, and developmental differences. In 2009, Laurie lost her oldest son to suicide. This has accelerated her passion for cultural change in our society that would ensure that the integrity of all people is upheld and that people with their various differences are supported to live more fully in their own communities.

In her roles as Director of North Carolina Consumer Advocacy, Networking, and Support Organization (NC CANSO) and as the operator of Green Tree Peer Center in Winston-Salem she focuses her effort on helping people to live actively, to become empowered, and to reclaim more meaningful lives. Laurie served on the North Carolina Commission for Mental Health, Developmental Disabilities and Substance Abuse Services for six years until 2009. She currently serves on many work groups aimed at improving the mental health system in North Carolina, trying to bring the perspective of consumers to many tables. She is one of the founding members of North Carolinians for Recovery Oriented Care just recently launched. She recently served on the board of a local public managed care organization in hope of serving her community by supporting transparent, accountable, and engaging managed care practices that can result in system improvement even amidst current transitions. She continues to promote such system progress.

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# North Carolina Community Transitions Institute



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