North Carolina
Community Transitions Institute

Ensuring Quality Transitions to Community Life
7th Annual Institute
Inviting Applications for Participation

In collaboration with its community partners, the NC Department of Health and Human Services proudly announces the 7th Annual *NC Community Transitions Institute*. This initiative provides a hands-on, collaborative learning opportunity for professionals who assist individuals with long-term care needs to transition from facility settings to their homes and communities.

About the Institute

The *NC Community Transitions Institute* ("The Institute") is a hands-on, collaborative learning opportunity for professionals who support individuals with long-term care needs to transition from facility settings to their homes and communities. The program is designed to bring together diverse stakeholders who support transitioning individuals and to develop best practices throughout the lifecycle of a transition. This Institute builds off existing person-centered thinking and motivational interviewing principles. However, the Institute furthers these principles and provides practical strategies for applying the principles in a transition context.

The Institute will be a blended format this year incorporating:

- A Transitions Symposium exploring community-based resources important to support individuals in a quality transition landscape (Required Attendance) – This portion of the Institute will be in a virtual format (Zoom).
- An immersive session focused on improving person-centered collaboration and communication skills inspired by motivational interviewing techniques and person-centered thinking practices (Required Attendance) – This portion of the Institute will be live/face-to-face in Cary.
- A deep dive workshop in Person-Centered Thinking (Optional Attendance) – This portion of the Institute will be in a virtual format (Zoom).
- A deep dive workshop in Motivational Interviewing (Optional Attendance) – This portion of the Institute will be live/face-to-face in Cary.

Key Application Information

- Application Deadline: Tuesday, March 15, 2022
- Application Process: Submit application through this online link:(https://surveymax.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=7lMKlo24).
- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.

2022 NC Community Transitions Institute Schedule

Dates	Topics
<u>April 28 – May 6, 2022</u> Thursday April 28 (12:00 – 1:30) Friday April 29 (12:00 – 1:30) Monday May 2 (12:00 – 1:30) Tuesday May 3 (12:00 – 1:30) Wednesday May 4 (12:00 – 1:30) Thursday May 5 (12:00 – 1:30) Friday May 6 (12:00 – 2:00)	Transitions Symposium (Required Participation) – Virtual sessions via Zoom • Overview of Olmstead • Overview of Centers for Independent Living • Community Integration and Inclusion • Overview of Division of Vocational Rehabilitation – Independent Living • Keynotes from NC Medicaid Leadership and Transition Success Stories
<u>June 14 – 16, 2022</u> Tuesday June 14 (9:00 – 4:00) Wednesday June 15 (9:00 – 4:00) Thursday June 16 (9:00 – 4:00)	Person-Centered Thinking (Optional Participation) – Virtual sessions via Zoom
<u>July 12 – 14, 2022</u> Tuesday July 12 (9:00 – 4:00) Wednesday July 13 (9:00 – 4:00) Thursday July 14 (9:00 – 4:00)	Motivational Interviewing (Optional Participation) – Live session in Cary
<u>August 1 – 5, 2022</u> Monday August 1 (9:00 – 4:00) Tuesday August 2 (9:00 – 4:00) Wednesday August 3 (9:00 – 4:00) Thursday August 4 (9:00 – 4:00) Friday August 5 (9:00 – 4:00)	Person-Centered Collaborative Communication (Required Participation) – Live session in Cary

2022 Institute Format

Due to the ongoing COVID-19 situation, the 2022 Institute will be held as a blended event. Based on infection patterns from 2021 we are structuring this year around those patterns where infection rates in the spring began declining and staying lower in July and early August. Therefore, the first two portions (Transitions Symposium and Person-Centered Thinking) will be held virtually through Zoom and the last two portions (Motivational Interviewing and Person-Centered Collaborative Communication) will be held as live, face-to-face events in Cary. We are also expanding the amount of time for the Motivational Interviewing and Person-Centered Collaborative Communication live sessions. Based on past experience, there has been a need for additional time to practice the skills, and this year we are building that additional time into the schedule so that participants can experience a deeper dive.

Also, in recognition of the ongoing COVID-19 situation, we want to ensure that we take all precautions to enable full participation of Institute members. Therefore, we are limiting participation to 50 people this year. We will also follow all COVID guidelines that are in place at the time of the live sessions.

Introduction to "The Institute"

The *NC Community Transitions Institute* ("The Institute") is a summer-long, hands-on, collaborative learning opportunity for professionals who support individuals with long-term care needs to transition from facility settings to their homes and communities. The program is designed to bring together diverse stakeholders who support transitioning individuals and to develop best practices throughout the lifecycle of a transition. This Institute builds off existing person-centered thinking and motivational interviewing principles and practices. However, the Institute furthers these and provides practical strategies for applying the principles in a transition context. All Institute activities are organized to foster collaboration and networking among members. The Institute is a professional development initiative supported by the NC Department of Health and Human Services' Money Follows the Person Demonstration Project.

Institute Goals

The goals of the Institute include:

1. Providing quality content that is immediately relevant to the practice of supporting a transitioning individual.
2. Strengthening Institute members' knowledge of, and utilization of, person-centered practices using collaborative communication techniques inspired by motivational interviewing in transition specific contexts.
3. Fostering professional collaboration and networking among Institute members.
4. Delivering a learning opportunity that enhances organizational capability to support person-centered transition practices.
5. Developing leadership competencies to sustain quality transition practices.
6. Generating clear recommendations for developing and advancing a Transition Policy Agenda

Practices incorporated in the Institute will comport with those person-centered practices outlined in CMS' Home and Community-Based Services Final Rule. For additional information about why the Department is committing to the Institute concept, please see the "Background on Institute Concept" section within this announcement.

Individuals Eligible to Participate in the Institute

Anyone who is committed to quality, person-centered, collaborative transition practices is invited to apply. We welcome applications from individuals at any level of experience with transitions from those who are new to the field and their role, to those who have been involved for their entire career. We also welcome applications from individuals who serve in the broad range of roles throughout the life cycle of a transition. Sample roles of previous Institute members include:

- Advocates
- CAP DA/C Case Management Entity staff
- Centers for Independent Living (CIL) staff
- Care Coordinators/Managers
- Case Managers
- Department of Social Service staff who assist long-term care recipients
- Division of Vocational Rehabilitation Services regional staff
- Facility Discharge Planners and Coordinators
- In-Reach/Outreach Specialists
- LME/MCO staff
- Long-term care Ombudsmen
- MFP participants and family members
- MFP Transition Coordinators and Community Inclusion Specialists
- Options Counselors
- PACE center staff
- Peer Support Specialists
- Social Workers
- Transition Coordinators
- Other individuals who support individuals to transition to home and community-based settings.

Key Application Information

- Application Deadline: Tuesday March 15, 2022

- Application Process: Submit application through this online link (https://surveymax.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=7lMKlo24).

- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.

Important Considerations for Participation

- ✓ Institute members will receive Certificates of Completion.
- ✓ General Continuing Education Units (CEUs).
- ✓ There is a **$125.00** registration fee for Institute members to participate in any of the sessions. The one-time fee covers *all* Institute activities.

Application Content and Submission Process:

- Applications are to be submitted through this online link: (https://surveymax.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=7lMKlo24).
- Applicants will be asked to provide name and contact information, demographic details, prior training received in Motivational Interviewing and Person-Centered Thinking, and experience and expertise levels in transitions work. Please provide thoughtful but succinct responses to the questions. Some activities throughout the Institute are based on these answers.
- Applications are due by midnight on **Tuesday March 15, 2022**.
- Members selected to participate in the Institute will be notified within 5 business days of application submission.

The Institute is intended to be as inclusive as possible, but space is limited to 50 members. Applications will be considered on a ***first come, first served*** basis.

Individuals who participated in previous Institutes are eligible to participate.

Testimonials from Alumni

The most useful part of the Institute "was the contacts made with so many people across the state with experience and knowledge in every area of transitions. I love my new 'little black book.'"

"I experienced a renewed excitement about my work!"

"It has given me the basic foundation I needed with regards to concepts of patient-centered thinking / motivational interviewing that was needed to take our program to the next level."

"It allowed me to open my eyes to my previous practices when working with patients on care transitions and enabled me to get out of my comfort zone to learn and practice new concepts/skills that enabled me to grow."

"I had an amazing experience attending the Institute. Not only did I take back new information and resources, I was able to meet and interact with like-minded professionals who are inspired by transition work. That inspires me even more to do better transition work in the future."

"Such an amazing opportunity to network and connect with professionals who can relate to transition work. With the complexities of transition work it is so nice to know we're not alone!"

Preliminary Agendas (*)

Symposium
(Required Attendance)

April 28 – May 6, 2022

Date	Time	Topic
Thursday April 28	12:00 – 12:10	Welcome and Introduction to the Institute
	12:10 – 12:45	Keynote Address
	12:45 – 1:30	Interactive Activity and Icebreakers
Friday April 29	12:00 – 1:30	• Topic: Olmstead 101 • Presenters: Holly Riddle, Assistant Director for Olmstead Plan Development and Pam Scott, Assistant General Counsel
Monday May 2	12:00 – 1:30	• Topic: Centers for Independent Living • Presenter(s): Solutions for Independence
Tuesday May 3	12:00 – 1:30	• Topic: Community Inclusion and Integration • Presenter(s): Solutions for Independence
Wednesday May 4	12:00 – 1:30	• Topic: Independent Living – Division of Vocational Rehabilitation Independent Living • Presenter: Jenny Pleasants, Independent Living Program Specialist
Thursday May 5	12:00 – 1:30	• Topic: Assistive Technology • Presenter: Sarah Gachuz, Assistive Technologist NC Assistive Technology Program (NCATP)
Friday May 6	12:00 – 2:00	• Topic: Collaborative Communication Success Story (Panel Discussion) • Presenter(s): TBD • Closing Ceremony

Person-Centered Thinking
(Optional Attendance)

Facilitator: Tanya Richmond

Tuesday June 14

Time	Topic
9:00 – 10:30	Welcome, review of materials
10:30 – 10:45	**BREAK**
10:45 – 11:30	Organizing Discovery Information
11:30 – 12:30	**LUNCH**
12:30 – 2:30	Promises of Person-Centered Practices
2:30 – 2:45	**BREAK**
2:45 – 4:00	Wrap-Up and Closing Round

Wednesday June 15

Time	Topic
9:00 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:00	Exploring Person-Centered Practices
12:00 – 1:00	**LUNCH**
1:00 – 2:00	Exploring Person-Centered Practices (Continued)
2:30 – 2:45	**BREAK**
2:45 – 4:00	Pulling it all Together Wrap-up and Closing Round

Thursday June 16

Time	Topic
9:00 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:00	Integrated Skills Practice
12:00 – 1:00	**LUNCH**
1:00 – 2:00	Integrated Skills Practice
2:30 – 2:45	**BREAK**
2:45 – 4:00	Pulling it all Together Wrap-up and Closing Round

Motivational Interviewing
(Optional Attendance)

Facilitator: Marty Weems

Tuesday July 12

Time	Topic
9:00 – 10:30	Welcome, review of materials
10:30 – 10:45	**BREAK**
10:45 – 11:30	Spirit of MI
11:30 – 12:30	**LUNCH**
12:30 – 2:30	MI and Change
2:30 – 2:45	**BREAK**
2:45 – 4:00	Wrap-up and Closing Round

Wednesday July 13

Time	Topic
9:00 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:00	MI Techniques
12:00 – 1:00	**LUNCH**
1:00 – 2:00	Change Talk, Evoking, and Discord
2:30 – 2:45	**BREAK**
2:45 – 4:00	Wrap-up and Closing Round

Thursday July 14

Time	Topic
9:00 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:00	Integrated Skills Practice
12:00 – 1:00	**LUNCH**
1:00 – 2:00	Integrated Skills Practice
2:30 – 2:45	**BREAK**
2:45 – 4:00	Pulling it all Together Wrap-up and Closing Round

Person-Centered Collaborative Communication
Facilitators:
Leigh Ann Kingsbury, Tanya Richmond, Marty Weems

Monday August 1, 2022

Time	Topic
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:30	Welcome/Housekeeping/Structure of the Day
9:30 – 10:30	Introductory Sessions – Connecting Person-Centered Thinking and Motivational Interviewing to the Transition Context
10:30 – 10:45	**BREAK**
10:45 – 12:15	Fully Deciding
12:15 – 1:00	**LUNCH**
1:00 – 2:15	Fully Deciding (Continued)
2:15 – 2:30	**BREAK**
2:30 – 4:00	Fully Deciding – Integrated Skills Practice

Tuesday August 2, 2022

Time	Topic
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:30	Welcome/Housekeeping/Structure of the Day
9:30 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:15	Effectively Preparing
12:15 – 1:00	**LUNCH**
1:00 – 2:30	Effectively Preparing (Continued)
2:30 – 2:45	**BREAK**
2:45 – 4:00	Effectively Preparing – Integrated Skills Practice

Wednesday August 3, 2022

Time	Topic
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:30	Welcome/Housekeeping/Structure of the Day
9:30 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:15	Comfortably Transitioning
12:15 – 1:00	**LUNCH**
1:00 – 2:30	Comfortably Transitioning (Continued)
2:30 – 2:45	**BREAK**
2:45 – 4:00	Comfortably Transitioning – Integrated Skills Practice

Thursday August 4, 2022

Time	Topic
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:30	Welcome/Housekeeping/Structure of the Day
9:30 – 10:30	Introduction, Review of Highs/Lows
10:30 – 10:45	**BREAK**
10:45 – 12:15	Effective Follow-Along
12:15 – 1:00	**LUNCH**
1:00 – 2:30	Effective Follow-Along (Continued)
2:30 – 2:45	**BREAK**
2:45 – 4:00	Effective Follow-Along – Integrated Skills Practice

Friday August 5, 2022

Time	Topic
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:15	Welcome and Structure of the Day
9:15 – 10:45	Interactive Theater (Theater Delta)
10:45 – 11:00	**BREAK**
11:00 – 12:15	Unconscious Bias
12:15 – 1:00	**LUNCH**
1:00 – 2:30	Self-Care / Resilience
2:30 – 2:45	**BREAK**
2:45 – 4:00	Closing Session and Wrap-Up

(*) Final agendas will be provided at the beginning of each portion of the Institute.

Background on the Institute Concept

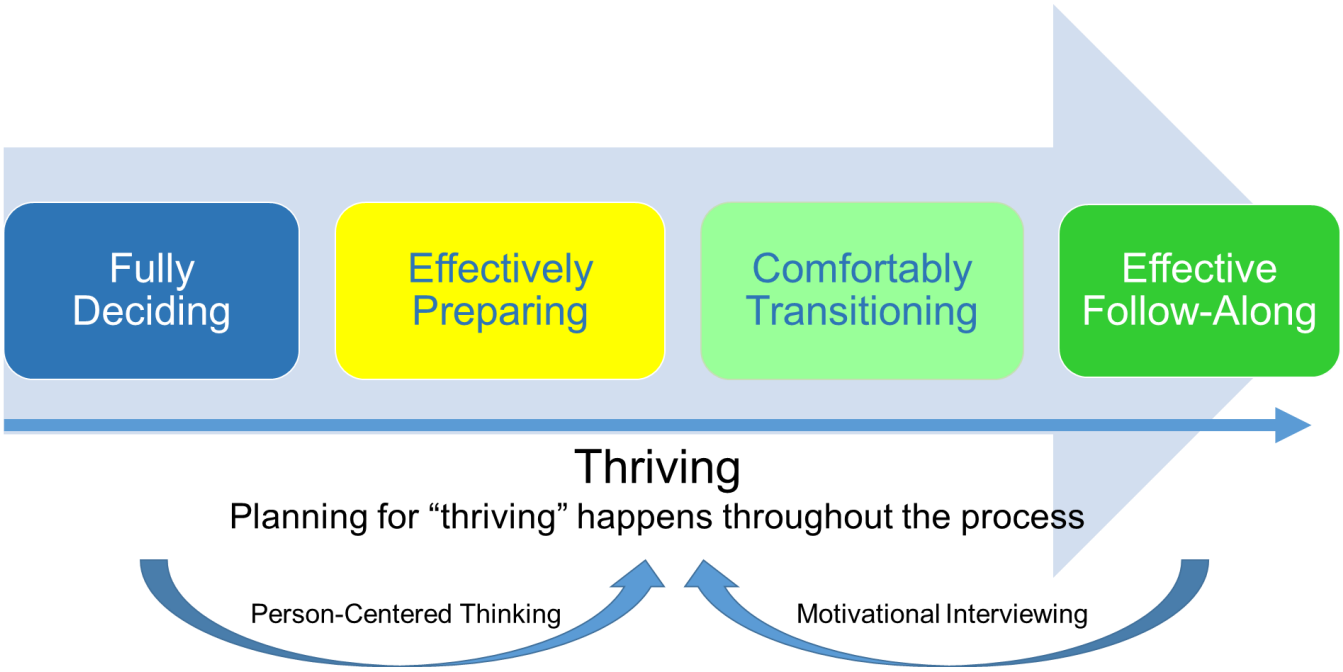
Across the country and within North Carolina, an increasing number of long-term care facility residents are choosing to transition into their homes and communities, with the supports they need to do so. Effectively supporting an individual's transition requires strong coordination between the resident, the resident's family, and the professional network that will support him/her through the transition and once s/he returns to the community. In addition, as an increasing number of individuals transition – many of whom experience significant clinical and social complexities – the need for strong transition supports becomes increasingly apparent.

Quality transition practices ensure the effective integration of physical, behavioral, social, and long-term services for transitioning individuals. Strong, coordinated transitions are also more likely to facilitate improved health outcomes and positive quality of life outcomes once a person has transitioned.

Despite the Department's increased activity related to all stages and the functions performed in each stage, there is currently no consistent, Department-wide, competency-based standard or curriculum used to ensure consistency on core transition concepts across the long-term care communities and to train on resources specific to North Carolina. As the need for transition capacity becomes increasingly recognized, we established a Departmental project, the *NC Community Transitions Institute: Ensuring Quality Transitions to Community Life.* This effort furthers the workforce capacity development priorities outlined as part of the *Partnership for Healthy NC, Medicaid Reform* initiative.

Elements of Quality Transition Planning

To strengthen the state's "transition capacity" the transition experience must be enhanced. This is achieved by addressing key issues throughout the life cycle of a transition. The Institute addresses these key issues by focusing on collaborative communication practices using person-centered principles and strategies that are inspired by motivational interviewing.



Some Final Words from Institute Alumni



Summary of Key Application Information

- Application Deadline: Tuesday March 15, 2021
- Application Process: Submit application through this online link: (https://surveymax.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=7lMKlo24)
- Institute Cost: $125.00
- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.