North Carolina
Community Transitions Institute

Ensuring Quality Transitions to Community Life
8th Annual Institute
Inviting Applications for Participation

In collaboration with its community partners, the NC Money Follows the Person (MFP) Demonstration Project proudly announces the 8th Annual *NC Community Transitions Institute*.

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 professionals from diverse backgrounds 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 transition-specific application.

The Institute will be a **FULLY IN-PERSON** format this year incorporating 4 modules, two of which require participation, and two are optional to attend:

- A Transitions Symposium exploring community-based resources important to supporting individuals in a quality transition landscape (Required Attendance).
- An immersive session focused on improving person-centered collaboration and communication skills inspired by motivational interviewing techniques and person-centered thinking practices (Required Attendance).
- A deep dive workshop in Person-Centered Thinking (Optional Attendance).
- A deep dive workshop in Motivational Interviewing (Optional Attendance).

Key Application Information

- Application Deadline: **Tuesday, February 28, 2023**
- Application Process: Submit application through this online link:(https://forms.office.com/g/iewv8JVE6v)
- Cost: $125.00
- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov

Location

Hilton Garden Inn
131 Columbus Avenue
Cary, NC 27518

2023 NC Community Transitions Institute Summer Schedule

Dates	Topics
May 17 – 18, 2023 (9:00 – 4:00)	Transitions Symposium (**Required Participation**)
June 5 – 6, 2023 (9:00 – 4:00)	Person-Centered Thinking (Optional Participation)
July 17 – 19, 2023 (9:00 – 4:00)	Motivational Interviewing (Optional Participation)
August 14 – 17, 2023 (9:00 – 4:00)	Person-Centered Collaborative Communication (**Required Participation**)

2023 Institute Format

Although COVID is still a concern in many of our environments, this year we are shifting back to a fully in-person format. This format is designed to maximize the opportunities to practice the skills that are being taught in a collaborative learning environment, as well as develop valuable connections with each other as a support network and resource.

Please note that there will be <u>NO</u> option for virtual attendance at any session.

We will take precautions to maximize full participation of Institute members while also taking into consideration health concerns. We will follow all COVID guidelines that are in place at the time of the live sessions.

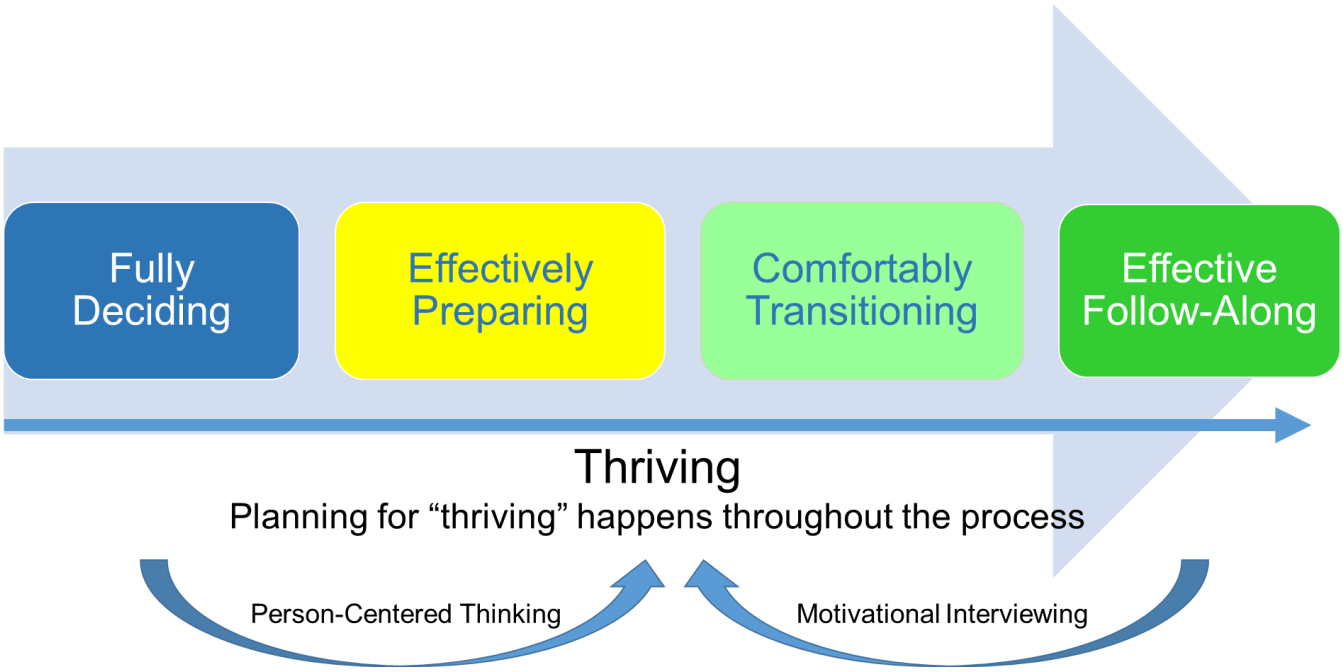
Institute Goals

The goals of the Institute include:

1. To provide quality content that is immediately relevant to the practice of supporting a transitioning individual.
2. To strengthen Institute members' knowledge and utilization of person-centered practices using collaborative communication techniques inspired by motivational interviewing in transition specific contexts.
3. To fostering professional collaboration and networking among Institute members.
4. To build organizational capability of supporting person-centered transition practices.
5. To develop leadership competencies that sustain quality transition practices.
6. To develop and advance transition policy agendas and practices systemwide.

Elements of Quality Transition Practices

To strengthen the state's "transition capacity" the transition experience must be continually 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.



Many individuals, including those experiencing significant clinical and social complexities, need support in transitioning to a setting in which they can thrive. Strong coordination between the individual, the individual's family, and the professional network supporting the individual is essential. Coordination and communication must occur at all steps throughout the transition lifecycle and including during follow-along in the community-based setting.

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. This Institute helps to promote the knowledge, skills, and abilities of needed by professionals supporting transitions.

Concepts and practices incorporated in the Institute adhere to the tenets of the Olmstead Decision, the NC Olmstead Plan, and comport with those person-centered practices outlined in CMS' Home and Community-Based Services Final Rule.

Who Should Participate?

Anyone who is committed to quality, person-centered, collaborative transition practices is invited to participate. We welcome applications from individuals from 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:

- Administrative / Other Support Staff
- Admissions / Enrollment Coordination
- Advocate
- Care Coordination / Management
- Case Coordination / Management
- Community Resource Connection / Coordination
- Direct Care Providers and Support
- Discharge Planning and Coordination
- Independent Living Counseling and Support
- Housing Support / Tenancy Support
- In-Reach / Outreach Support
- Long-Term Care Medicaid Eligibility Staff
- Long-Term Care Ombudsmen
- MFP Participants and Family Members
- Nursing
- Options Counseling
- PACE Center Staff
- Peer Support
- Quality Assurance / Quality Improvement
- Social Work
- Transition Coordination
- Vocational Rehabilitation Staff
- Other individuals who support individuals to transition to home and community-based (HCBS) settings, or support individuals in HCBS settings

We also welcome individuals from a wide range of organizations. Sample organizations from previous Institutes include:

- Adult Care Homes
- Alternative Family Living Homes
- Area Agencies on Aging (AAA)
- Community Alternatives Program for Children or Disabled Adult (CAP/DA, CAP/C) Case Management Entities
- Disability Rights
- Local Management Entity/Managed Care Organizations (LME/MCOs)
- Centers for Independent Living (CIL)
- Department of Social Services (DSS)
- In-Home Personal Care Services (PCS) Provider
- Hospitals
- Legal Aid
- Non-Profits
- Nursing Facilities
- Private Intermediate Care Facilities for Individuals with Intellectual Developmental Disabilities (ICF/IID)
- PACE Centers
- State Staff from all Divisions under DHHS

Important Considerations for Participation

- ✓ Participation is **required** for the Transitions Symposium (May 17-18) and the Person-Centered Collaborative Communication (August 14-17) sessions.
- ✓ Person-Centered Thinking (June 5-6) and Motivational Interviewing (July 17-19) are optional sessions.
- ✓ Institute members who complete all portions of the **required** sessions will receive Certificates of Completion. Partial Certificates of Completion will not be issued.
- ✓ Continuing Education Units (CEUs) are not provided; however, Contact Hours will be provided for individuals who complete all required sessions. Partial Contact Hours will not be issued.
- ✓ There is a **$125.00** registration fee for Institute members to participate. The one-time fee covers *all* Institute activities. Partial attendance is not refundable.

Application Submission Process:

- Applications are to be submitted through this link: (https://forms.office.com/g/iewv8JVE6v).
- Applications are due by midnight on **Tuesday February 28, 2023**.
- Members selected to participate in the Institute will be notified within 5 State 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 invited to reapply.

Preliminary Agendas (*)

Wednesday May 17, 2023		
Time	**Topic**	**Facilitator/Presenter**
8:30 – 9:00	Registration, Arrival & Networking	
9:00 – 9:15	Welcome / Getting Settled/ Getting Organized / Structure of the Day	Steve Strom NC MFP Project Director, NC Medicaid
9:15 – 9:45	Keynote	Dave Richard Deputy Secretary, NC Medicaid
9:45 – 10:30	Introduction to the Institute	Tracy Pakornsawat NC MFP Professional Development Coordinator, NC Medicaid
10:30 – 10:45	**BREAK**	
10:45 – 12:00	Overview of the Independent Living program in the Division of Vocational Rehabilitation	Jenny Pleasants Program Specialist NC Division of Vocational Rehabilitation – Independent Living
12:00 – 1:15	**LUNCH & Information Tables**	
1:15 – 2:30	Olmstead 101	Holly Riddle Assistant Director for Olmstead Plan Implementation Office of the Senior Advisor on the ADA Office of the Secretary
2:30 – 2:45	**BREAK**	
2:45 – 3:45	Collaborative Communication: A Panel Discussion	Presenters TBD
3:45 – 4:00	Closing & Wrap-up	Tracy Pakornsawat NC MFP Professional Development Coordinator, NC Medicaid

(*) Agendas may be modified throughout the summer to accommodate facilitator needs.

Thursday May 18, 2023		
Time	**Topic**	**Facilitator/Presenter**
8:30 – 9:00	Registration, Arrival & Networking	
9:00 – 9:15	Welcome / Getting Settled/ Getting Organized / Structure of the Day	Tracy Pakornsawat NC MFP Professional Development Coordinator, NC Medicaid
9:15 – 10:30	MFP 101	Steve Strom NC MFP Project Director, NC Medicaid Tracy Pakornsawat NC MFP Professional Development Coordinator, NC Medicaid
10:30 – 10:45	**BREAK**	
10:45 – 12:00	NC Housing Options	Kay Johnson Targeting Program Supervisor NC Division of Aging & Adult Services
12:00 – 1:15	**LUNCH & Information Tables**	
1:15 – 2:30	Topic TBD	Presenter TBD
2:30 – 2:45	**BREAK**	
2:45 – 3:45	Success Stories: A Panel Discussion	Presenters TBD
3:45 – 4:00	Closing & Wrap-Up	Tracy Pakornsawat NC MFP Professional Development Coordinator, NC Medicaid

Person-Centered Thinking
Facilitator: Tanya Richmond

Monday June 5, 2023	
Time	**Topic**
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 10:45	Definition of Person-Centered and Importance of Environment
10:45 – 12:00	Core Concept Practice and Management Skills
12:00 – 1:00	**LUNCH**
1:00 – 2:45	Management Skills (Continued) and Everyday Learning Skills
2:45 – 3:45	What's Working/What's Not Working
3:45 – 4:00	Closing & Wrap-up
Tuesday June 6, 2023	
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 10:45	What is a Person-Centered Description (PCD) and Facilitation Skills
10:45 – 12:00	Discovery Skills
12:00 – 1:00	**LUNCH**
1:00 – 2:45	Discovery Skills (Continued)
2:45 – 3:45	One use of a PCD: Develop a 1-Page Description
3:45 – 4:00	Closing & Wrap-up

Motivational Interviewing
Facilitator: Marty Weems

Monday July 17, 2023	
Time	**Topic**
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 10:45	Overview of MI, spirit & principles
10:45 – 12:00	MI, change, ambivalence
12:00 – 1:00	**LUNCH**
1:00 – 2:45	MI processes: Engaging, OARS, reflections
2:45 – 3:45	MI processes: Focusing
3:45 – 4:00	Closing & Wrap-up
Tuesday July 18, 2023	
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 10:45	MI processes: Evoking
10:45 – 12:00	MI processes: Evoking continued
12:00 – 1:00	**LUNCH**
1:00 – 2:45	MI processes: Planning
2:45 – 3:45	Discord, MI & PCP
3:45 – 4:00	Closing & Wrap-up
Wednesday July 19, 2023	
8:30 – 9:00	Welcome and Getting Settled
9:00 – 10:45	Integrated Practice
10:45 – 12:00	Integrated Practice- Engaging
12:00 – 1:00	**LUNCH**
1:00 – 2:45	Integrated Practice- Focusing & Evoking
2:45 – 3:45	Integrated Practice- Negotiating to planning
3:45 – 4:00	Closing & Wrap Up

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

Monday August 14, 2023	
Time	**Topic**
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:15	Welcome/Housekeeping/Structure of the Day
9:15 – 10:45	Introductory Sessions – Connecting Person-Centered Thinking and Motivational Interviewing to the Transition Context
10:45 – 12:15	Fully Deciding
12:15 – 1:00	**LUNCH**
1:00 – 2:45	Fully Deciding (Integrated Skills Practice)
2:45 – 4:00	Closing Rounds and Review of Highs/Lows
Tuesday August 15, 2023	
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:15	Welcome/Housekeeping/Structure of the Day
9:15 – 10:45	Introduction, Review of Highs/Lows
10:45 – 12:15	Effectively Preparing
12:15 – 1:00	**LUNCH**
1:00 – 2:45	Effectively Preparing (Integrated Skills Practice)
2:45 – 4:00	Interactive Theater (Theater Delta)
Wednesday August 16, 2023	
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:15	Welcome/Housekeeping/Structure of the Day
9:15 – 10:45	Comfortably Transitioning
10:45 – 12:15	Comfortably Transitioning (Integrated Skills Practice)
12:15 – 1:00	**LUNCH**
1:00 – 2:45	Comfortably Transitioning (Integrated Skills Practice)
2:45 – 4:00	Closing Rounds and Review of Highs/Lows
Thursday August 17, 2023	
8:30 – 9:00	Registration, Arrival & Networking
9:00 – 9:15	Welcome/Housekeeping/Structure of the Day
9:15 – 10:45	Effective Follow-Along
10:45 – 12:15	Effective Follow-Along (Integrated Skills Practice)
12:15 – 1:00	**LUNCH**
1:00 – 2:45	Integrated Skills Practice
2:45 – 4:00	Integrated Skills Practice and Closing Rounds