

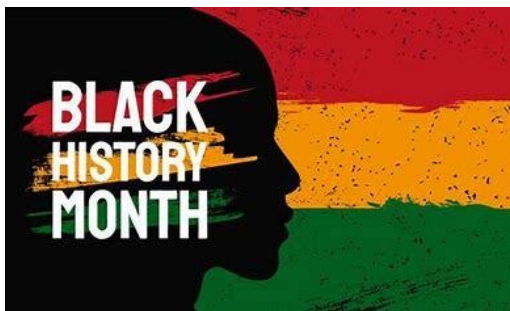


MI Health Link

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## ***FEBRUARY 2024 BULLETIN***

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### **Monthly Spotlight:**

#### ***Black History Month***

February is Black History Month and an opportunity to uplift voices from Black communities and to celebrate their cultures and powerful contributions. It is also an opportunity for everyone to renew their commitment to advancing racial equity, particularly for Black older adults who face structural discrimination at the intersection

of race and age and possibly other identities. Although this work serving Black older adults is important year round, February marks a specific time to reflect, listen, and act intentionally.

Black History Month is observed every February to celebrate the accomplishments of Black and African Americans. It is an opportunity to recognize the many ways Black history, culture, leadership, and innovation have influenced all facets of life in the United States. This year, the U.S. Department of Health and Human Services (HHS) and the Office of Minority Health (OMH) is celebrating Black History Month by acknowledging the role Black and African Americans have historically played in enhancing the health and well-being of all Americans and highlighting health equity promoting policies, programs, and practices focused on addressing the health disparities that affect this population. When patients are provided with culturally and linguistically appropriate information, they are better able to create healthier outcomes for themselves and their communities.

These efforts are so important as nearly [19% of Black and African American adults still report being in fair or poor health](#), compared to 10% of Asian Americans; 13.6% of Native Hawaiian and Pacific Islanders; 13.6% of white Americans; and 16% of Hispanic/Latinos. Below are a list of resources gathered by the MI Health Link team that are focused on improving these health inequities in our communities.

- Visit [OMH's Black/African American Population Profile](#) to learn about the unique health concerns disproportionately impacting Black and African Americans.
  - Read HHS's [Equity Action Plan Summary - PDF](#) to learn what HHS is doing to advance health equity for Black and African Americans.
  - Explore Think Cultural Health's [free e-learning programs](#) designed to help healthcare professionals provide culturally and linguistically appropriate services.
  - Visit the U.S. [Census Bureau's Black History Month website](#) to access population statistics.
  - Visit the Association for the Study of African American Life and History to learn more about this year's [Black History Month](#) theme and important contributions.
  - Visit the [National Caucus and Center on Black Aging, Inc.](#) to learn more about one of the country's oldest organizations dedicated to aging issues impacting minority and low-income aging.
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# **Program and Policy Notes**

## **MI Health Link Program, Contractual, Policy Requirements and Highlights**

### **Person Centered Planning**

Person Centered Planning is a process for planning and supporting a person receiving services that builds on the individual's desire to engage in activities that promote community life and that honor the individual's preferences, choices, and abilities. The Person-Centered Planning Process is led by the person and involves families, friends, legal representative, professionals and others as desired by the individual.

In the MI Health Link program, each enrollee has an Individual Integrated Care and Supports Plan (IICSP). This is a plan developed specifically for the individual through the person-centered planning process that includes things such as the enrollee's preferences for care, supports and services and the enrollee's prioritized list of concerns, goals, objectives, and strengths.

Inside the OUTcomes: A Rehabilitation Research Podcast produced by the Center for Rehabilitation Outcomes Research recently shared an episode titled, 'Kenny's World: Person-Centered Planning in Practice.' The episode brings to life some of the values, principles, and essential elements of Person-Centered Planning including maximizing independence, honoring choice, and implementing supports and services based on individual preference. The podcast which can be heard on Spotify, YouTube, and Apple Podcasts includes a conversation with Kenny and a representative of his provider agency located in Connecticut. It can be accessed below:

#### **Kenny's World: Person-Centered Planning in Practice**

[Listen Here.](#)

## Inside the OUTcomes: A Rehabilitation Research Podcast

Shirley Ryan  
**Abilitylab**  
Center for Rehabilitation  
Outcomes Research



## Beneficiary Health and Welfare: Partnering with Adult Protective Services

Abuse, neglect, and exploitation is a growing concern for the older and vulnerable adult population. Adult Protective Services (APS) is a social services program provided by state and local government nationwide to serve older adults and adults with disabilities. APS investigators are tasked with responding to reports of maltreatment of vulnerable populations. Establishing a partnership between APS and the aging service network is crucial to protect older adults. Although APS provides some direct services, they also advocate for needed services for individuals and make referrals to other service agency partners. APS and the aging network serve similar populations with similar service needs. When APS becomes involved with an older adult, it's important they know what services are available in the area to assist the individual. It's also imperative the aging networks are knowledgeable about APS' responsibilities and limitations.

There are several advantages for collaboration among agencies that serve older adults. Through collaboration, professionals can carry out their mandates and responsibilities to prevent gaps in services and to ensure the needs of the vulnerable population are met. Multidisciplinary collaboration can also gather a unique collection of resources to assist individuals in need. Working together to implement services may reduce the recurrence of abuse from happening further and can maximize client's safety and independence.

It's important and necessary for MI Health Link Integrated Care Organizations (ICOs) to partner with APS investigators and contracted service agencies to ensure their members safety, security and well-being are met.

If you suspect someone may be a victim of elder abuse, neglect or exploitation, the first step is to contact Adult Protective Services at 855-444-3911.

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## Education and Support Opportunities

Assistive Technology for Hair: The Intersections of Disability and Hair in the Black Community

**Tuesday February 27th, 2024 12:00PM**

This event is brought to you by the Michigan Disability Rights Coalition to highlight a very important piece of assistive technology that may be of importance for members. During this virtual session they will discuss the history of black hair, the physical and mental health barriers of maintaining hair for a person with a disability, adaptive tools for hair care, ableism and racism in beauty culture, and having pride in disabilities and in hair. If you are interested in learning more please click [here](#) to register.

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Aortic Abdominal Aneurysm

**Tuesday February 27th, 2024 11:30AM**

This educational experience is sponsored by Waltonwood Senior Living and Wayne State University. Participants in this learning opportunity will be able to describe the histopathology of Abdominal Aortic Aneurysms (AAA). They will be able to identify the location for most of the AAAs relative to the origin of the renal arteries, identify etiology for AAA and lifestyle interventions to reduce risk, and discuss Acute Aortic Dissection and what pathology occurs. There will also be an emphasis on how interdisciplinary team management can improve the diagnosis, management and outcomes for patients with AAA. If you are interested, click [here](#) for more information.

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Effective Pain Management

**Wednesday February 28th, 2024 11:30AM**

Wayne State University and Brightstarcare will be hosting a learning opportunity to help participants learn more about effective pain management. Participants will be

able to identify and recognize the different types of pain. They will be able to verbalize variables and barriers resulting in poor pain management, identify an indication for the use of different types of medication in pain management, and demonstrate a comprehensive pain assessment in a non-verbal patient. There will also be examples of non-pharmacological approaches to pain management. Click [here](#) for more information.

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Understanding Diabetes, A1C Values, and Case Managers' Discharge Planning Focus

**Thursday February 29th, 2024 11:30AM**

This learning opportunity is sponsored by Wayne State University and Waltonwood Senior Living. Participants will be able to list the pathophysiological differences between Type 1 diabetes and Type 2 diabetes, identify 5 symptoms of diabetes and list discharge planning education topics before a patient is released from the hospital. There will also be discussions to help identify 6 focus "categories for diabetes care in the hospital. Click [here](#) to register and learn more.

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## Resource Link: Self Love Day

Even though the date is past, you can still get the benefits from a day of loving yourself. February 13th is Self Love Day and it is an annual celebration to appreciate and understand the importance of self-love. Self-love is one of the most powerful forms of love. It is something that we all have coded inside us. Proponents of self-love believe that it could strengthen a person's feeling of being loved.



Self-love is a strong trait that can help you in all areas of life including being able to continue the important work of helping others. Self-love is not a new concept; it is an extensively debated topic all over the world. In ancient Greece, self-love was considered one of the six types of love. It is also discussed by Sikhs, Christian theologians, philosophers, and psychologists. However, self-love first entered the mainstream psyche and popular culture during the Beat Generation of the 1950s and

the Hippie era of the 1960s. Popular literature and poems have since discussed the topic in depth. It has even helped minorities develop their self-confidence in a society with predominantly White beauty standards in the 1970s.

Self-Love Day is all about understanding the power of self-love and the positive impact it can have on our lives. It can help boost our confidence and courage. It can also help us analyze situations calmly and react as if there is a little more to a person who loves themselves and worries about what others might think. This day can help you realize the strength of self-love and how different your outlook will be after you realize it. It is a great day and opportunity to fill your own cup so you can continue to be present and care for others.

The MI Health Link team encourages everyone in our communities to celebrate this day and celebrate you! Below are some ideas for how to celebrate self love day.

Self-Love Day Activities:

1. *Take a day off*

Use this day to take a day off. Spend the whole day resting to help yourself recover from all the stresses of the world. Self-love also means pampering yourself when you need it.

2. *Go for a solo trip*

Do you love solo trips? Then backpack for an adventure where you can enjoy yourself without the company of others. You may discover more things by going on a trip by yourself, but make sure to take care of yourself!

3. *Meditate*

Use the day to meditate if you are not into trips. Think about the importance of your life and your goals. Embarking on an inward journey can teach you more about yourself than anything or anyone ever can.



## **Q & A: Your Questions About MI Health Link**

*If you have a question about the MHL program we want to hear from you. We will work to get you the information you need.*

**Q: I was unable to attend the Successful Aging through Financial Exploitation (SAFE) training from Wayne State University. Where can I find more of their resources and information?**

**A: To learn more about the SAFE program please click [here](#). The SAFE program operates from the Institute of Gerontology at Wayne State University and has resources and services to assist in safeguarding seniors from financial exploitation.**

Please send any questions for future bulletins to [Integratedcare@michigan.gov](mailto:Integratedcare@michigan.gov).

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## Topic Submission

If you have suggestions for topics to be addressed in future additions of the MI Health Link Bulletin, please send them to [Integratedcare@michigan.gov](mailto:Integratedcare@michigan.gov)



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## Quick Links

[MI Health Link Website](#)

[CMS Financial Alignment Website](#)

[MI Health Link Minimum Operating Standards](#)

[MDHHS Medicaid Provider Manual](#)



## Previously Released MHL Bulletins

Previously released MI Health Link Bulletins can be found by visiting the [MI Health Link Website](#).

[Become a foster parent through Michigan Department of Health & Human Services foster care program.](#)



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