



MI Health Link

***MAY 2023 BULLETIN***



## Meet the MI Health Link Team: Aimee Miller

Hello! My name is Aimee Miller and I am a C-Waiver Analyst for the MI Health Link team. I had the privilege of joining the MHL team in April of 2021.

In 2017 I graduated from Michigan State University with my Master's in Social Work (Organizational and Community Leadership specialization) and pursued clinical social work licensure. Following graduation, I worked in skilled nursing as a case manager and then as a hospital case manager before joining the MI Health Link team at the State of Michigan. Throughout my career I have always felt so fortunate to be able to learn from the individuals and populations I get to work with. It has always been a privilege to advocate for vulnerable populations and empower individuals to live the lives they want.

When not working, I am usually working on a do-it-yourself house project gone awry with my husband Brenden, or trying to keep up with our nine month old daughter, Ava. We are lucky enough to have lots of relatives close by and spend as much time as we can making memories with friends and family. During precious downtime I enjoy reading anything and everything I can get my hands on.

Working for the MI Health Link team at the State of Michigan has been one of the greatest privileges and I am so grateful for the opportunity to help this program grow and further serve our beneficiaries!

-Aimee Miller

## MI Health Link Celebrates Public Service Recognition Week



The MI Health Link team got together to celebrate Public Service Recognition Week this month. The MI Health Link team found a way to recognize the week that honored the spirit of public service itself. When asked for team building ideas, team

members suggested giving back to the community by filling donation boxes of non-profits in the Lansing area. Each person on the team was given \$10 to shop for non-perishable food and other items for donation. Some team members combined their funds to purchase ingredients to make a cake, while others chose travel-size toiletries, laundry soap and diapers. Altogether, the team donated 78 items to those in need. It was a great way to get the team together while giving back to the community!

## **Updated Logo for MI Health Link**

In April 2023, the Office of Communications and External Affairs announced MDHHS would be re-branding. The initiative aims to create more consistent representation across MDHHS programs through the use of sub-brands. As a result, the MI Health Link logo, featured on the top of this month's bulletin, has been updated. The updated logo will be broadly used on all electronic/digital and printed materials as of June 1, 2023.

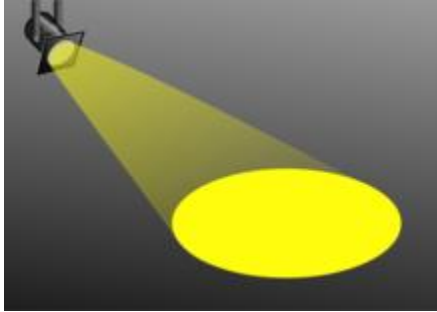
## **Program and Policy Notes**

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

#### **Medicaid Coverage of Community Health Worker (CHW) Services to Expand**

Michigan Medicaid is developing formal policy to incorporate CHW services as a covered benefit under both Medicaid managed care and fee-for-service programs. The Michigan Department of Health and Human Services (MDHHS) Bureau of Physical Health and Aging Services Administration (BPHASA) has engaged stakeholders with its efforts to ensure a diverse perspective is captured to inform and provide recommendations to MDHHS around defining CHW services, qualifications, supervision, and other required policy elements. The Department released a Policy Primer Series of four videos to share information about the CHW policy initiative and collaborate with stakeholders. The deadline for focused feedback surveys associated with the videos have passed. However, there will be additional opportunities for

stakeholder feedback as the policy develops. The videos are a useful tool to become familiar with the progress of this policy initiative. The video series can be accessed [here](#).



## **MI Health Link Service Spotlight:**

### **Care Coordination**

Care Coordination is a key benefit of MI Health Link. Each MI Health Link member is assigned a Care Coordinator through their Integrated Care Organization (ICO). Care Coordinators, often work with the assistance of a team, known as the Integrated Care Team (ICT), that is created with input from the member. The team, led by the Care Coordinator, assists members in accessing Medicare and Medicaid services, as well as social, educational, and other support services, regardless of the funding source for the services. MI Health Link Care coordinators are licensed professionals trained in person centered planning techniques that provide advocacy, communication, and resource management to promote quality, cost effectiveness and positive outcomes. MI Health Link members do not need to elect care coordination services, they are provided to all members enrolled in the MI Health Link program. MI Health Link members receive all Medicare and Medicaid covered services through their ICO and the care coordinator is responsible for integration and coordination between providers of medical services and supplies, behavioral health, substance use disorder and/or intellectual/developmental disabilities (BH, SUD, and/or I/DD), pharmacy, and long term supports and services (LTSS). The ICO uses a combination of initial screenings, assessments, referrals, and historical claims data, to help prioritize and determine the needs of each member. The Care Coordinator develops, with the member and their ICT, an Individual and Integrated Care and Supports Plan (IICSP), following the person-centered planning process, that is specific to the individual's needs and preferences. The care coordinator monitors, and with the member, updates the plan at least annually or following a significant change in needs or other factors and will connect the member to supports and services they need to be healthy and live where they want. The Care Coordinator is truly a MI Health Link member's "go-to" person. For more information about care coordination and other benefits of the MHL program see the MHL website [here](#).

# Education and Support Opportunities

The Sixth Annual *Older Adult Mental Health Awareness Day Symposium*, presented by the National Council on Aging (NCOA), was a successful day of speakers and resources to support many populations and in case you missed it there is more information on the National Council on Aging [website](#).

Please save the date for the 7th annual *Older Adult Mental Health Symposium* that is currently scheduled for **May 2nd, 2024!**

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Communication Techniques for those Living with Dementia Part 2

**June 7th, 2023**

Presented by Linda Keilman, DNP

Save the date for June 7th, 2023 for a continuing education opportunity brought to you by the Michigan Center for Rural Health. Participants will obtain increased knowledge on methods for communicating with those living with Dementia. For information or to register click [here](#).

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Looking for Continuing Education opportunities? Check these programs and websites for upcoming events in 2023:

[Jenerations Health Education](#)

[Michigan Center for Rural Health](#)



## Beneficiary Health and Welfare

May 31, 2023, is National Senior Health and Fitness Day. This day was implemented and is recognized to put an emphasis on the need for regular physical activity and nutrition among the older adult population. It is a day to come together and focus on getting seniors more active, healthy and independent. The event encourages

community organizations, health professionals, caregivers, and family and friends to recognize the importance of fitness activities for seniors. Organizations across the country will host activities such as low impact exercise classes, walking events, health screenings, healthy cooking demonstrations and health information workshops.

Prevention is key to preserving overall health and well-being in older adults. Lack of physical and mental activity in older adults can greatly increase an individual's risk of becoming a victim of elder abuse or being financially exploited. There is a direct correlation between physical and mental health. Staying physically active will greatly impact cognition which can reduce the risk of cognitive issues as you age, such as dementia and Alzheimer's.

Physical health can help an individual maintain their strength, mobility and independence. Exercise is important to reduce stress, improve mood, enhance cognitive function and improve sleep quality. Physical activity can also help prevent and manage health problems such as arthritis, diabetes, heart disease and obesity. Eating a healthy diet is also an important fitness component. A balanced diet should include fruits, vegetables, lean proteins, whole grains and healthy fats. A healthy diet, exercise, regular doctor visits and stress management are all critical components to help seniors live healthier lives.

Learn how your organization can participate in National Senior Health and Fitness Day <https://fitnessday.com>.



## Resource Link: Push Pause

[The Commission for Case Manager Certification's \(CCMC\) Push Pause Series](#) reminds us that: "Even in the best of times, taking a moment for yourself is crucial. The Commission invited some of the nation's top inspirational speakers to record moments of wisdom to inspire hope and resilience just for case managers. They are designed to help you reframe the grind into grace notes, to rejuvenate your daily life, and to help you reflect on the tangible support you bring clients every day." At the Michigan Department of Health and Human Services (MDHHS) we know that those working with our MI Health Link (MHL) members give of themselves every day to improve the lives of those they assist. We hope that you take a moment to push pause. Here is one of the videos from the CCMC Push Pause series:

[Push Pause. | April Lewis: Finding Balance - YouTube](#)



## 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:** *Where can I find previous bulletins to learn more about the MI Health Link team and program?*

**A:** *Check out the MI Health Link [website](#) for previous bulletins and to learn more about the MHL program!*

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

## 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)



## 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](#).

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



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