



SELF DETERMINATION DELIVERED



April - June 2025

Activities



Freeland Walleye Festival: April 24 - 27 at Burt Watson Chevrolet, 7638 Midland Rd., Freeland
www.freelandwalleyefestival.com



Cinco De Mayo: Parade: May 3 at 11 AM

Route: Hoyt Park, down South Washington Street to the Jolt Credit Union Event Park for the Festival



Frankenmuth Dog Bowl: May 24 - 25

925 S. Main Street, Frankenmuth

Pet parade, silly animal tricks, dog demonstrations

www.dogbowlfun.com



Balloons Over Bavarian Inn: May 23-26

Frankenmuth, MI

Morning flights Saturday - Monday 7-8am

Evening Flights- Friday - Sunday 7-8:30pm

Super Stars

Extreme Dance Arts Studio offers a class for individuals with special needs who love to dance. It's not only a great form of exercise but a way to express yourself through music. The class tuition is Free. For more information contact Extreme Dance Arts at 989-791-3486



Cheesy Ham Casserole



Total Time: 35 minutes

Ingredients:

- 2 cups cooked rice (can use leftover or minute rice –follow directions on box)
- 2 cups cooked cubed ham
- 1 bag frozen microwavable broccoli or veggie or choice
- 1 (10.5oz) can cream of chicken soup
- 1/2 cup sour cream
- 3 cups shredded cheddar cheese
- Salt, pepper, onion and garlic powder to taste

Directions:

- Cook frozen broccoli according to directions on bag and drain any excess water
- In a large bowl combine all ingredients. Leaving out 1 cup of shredded cheese for topping later.
- Pour casserole mixture in a 9x13 inch pan and sprinkle the reserved cheese evenly over top.
- Bake uncovered for approximately 30 minutes or until the casserole is bubbling and the cheese is melted and golden brown.
- Let cool for 5 minutes.

Enjoy!



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



24-HOUR CRISIS HOTLINE

(989) 792-9732 or (800) 233-0022

Looking for Disabled People of Color Who Are Self-Directing their Services

Are you a disabled person of color? Do you self-direct?

This means:

- You recruit, hire, train or supervise your direct-care workers, AND/OR
- You have control over a budget and decide how to spend the money on your services.
- Are you 18 years of age or older?



If you answered **YES** to each of the questions above, you may be eligible to participate. Brandeis University is doing a research study to learn about the experiences of disabled people of color who self-direct their services. Participation includes an interview over the telephone or by videoconference. The interview will last about one to one-and-a-half hours. Participants will receive a \$50 gift card for their time. If you are interested in participating, please contact our team via email at: sdequity@brandeis.edu

EVV Updates

Stuart Wilson's office is diligently working on getting everyone transferred over to the EVV system. Being a completely new program there have had a few issues to be worked out and for the time being if you are charging for an over-night you must still use a paper timesheet. Thank you to everyone for being patient on the transition to the EVV system. We appreciate your patience!

CONTACT US

Self

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The **iMatter Anti-Stigma Campaign** aims to decrease stigmas and open up the conversation that everyone deals with mental health from a variety of different perspectives regardless of demographics, environments or experiences.

In the following stories, you'll hear from people from all walks of life. Their stories might sound like yours or someone you know. Resoundingly, you'll also hear messages of hope visit: www.greatlakesbay.com

We hope that the iMatter Anti-Stigma Campaign begins to eliminate the stigma around mental health, and beyond that, show you the strength of the human spirit, the power in community and connection and that you are not alone. For those interested in sharing their personal story around mental health, please contact Dallas Rau using the following email address: drau@greatlakesbay.org

If you or someone you know is struggling, dial 988, call the **Substance Abuse & Mental Health Services Administration (SAMHSA)** at 1-800-662-HELP (4357) or text **BELONG** to 741741.



NON-EMERGENCY MEDICAL TRANSPORTATION

If you have Medicaid insurance and are enrolled in one of the Medicaid Health Plans below, and need a ride to your SCCMHA appointment or to your physical health care doctor's appointment you can schedule a taxi ride at no cost.



How to Schedule a Ride:

- 1 Contact your Medicaid Health Plan
- 2 Have your Medicaid and appointment info ready
- 3 Schedule at least 24-48 hours in advance

Visit Our Website:



More Details Here!

HOW TO SCHEDULE A RIDE

If you have Medicaid and need a ride to your SCCMHA appointment, you can schedule a taxi. Each Medicaid plan has its own phone number and process. Your Medicaid Health Plan can be found on your Health Plan ID Card

Meridian Medicaid Plan

- Phone: 800-821-9369 (TTY: 711)
- Schedule Online: www.saferidehealth.com/meridian
- Available: 24/7, including holidays
- Schedule at least: 24-48 hours in advance

What to provide when calling:

1. Your name, Medicaid ID, and date of birth
2. Pick-up and drop-off addresses & phone numbers
3. Appointment date and time
4. Name of your provider
5. Special needs (wheelchair, oxygen, etc.)

McLaren Medicaid Plan

- Phone: 888-327-0671 (TTY: 711)
- Available: 24/7, including holidays
- Schedule at least: 2-3 business days in advance

What to provide when calling:

- Your name, Medicaid ID, and date of birth
- Pick-up and drop-off addresses & phone numbers
- Appointment date and time
- Name of your provider and their specialty
- Special needs (wheelchair, oxygen, etc.)

Great Lakes Bay Health Centers (GLBHC)

Transportation for Physical Health Care Doctor
Appointments

- Phone: 989-755-2053
- Schedule at least: 5 days in advance
- Available for: GLBHC appointments only

Blue Cross Medicaid Plan

- Phone: 888-803-4947 (TTY: 711)
- Schedule Online: member.modivcare.com
(must create an account)
- Available: 24/7
- Schedule at least: 24-48 hours in advance

What to provide when calling:

1. Your Blue Cross Complete member ID card
2. Appointment date and time
3. Doctor's office address and phone number
4. Special needs (wheelchair, etc.)

Molina Medicaid Plan

- Phone: 888-898-7969
- Available: 24/7
- Schedule at least: 3 business days in advance
(urgent rides can be scheduled with less notice)

What to provide when calling:

- Your name, Medicaid ID, and date of birth
- Pick-up and drop-off addresses & phone numbers
- Appointment date and time
- Special needs (wheelchair, etc.)

If you need assistance scheduling a ride, SCCMHA staff can help. Please ask your caseworker for support. Make sure to call early to schedule your ride on time!

Need Help?



Self Determination

April 1, 2025

Re: Time Sheet/Progress Notes & **Onboarding** Electronic EVV Implementation

Dear Employer,

Stuart Wilson's office is diligently working on finishing to get everyone onboarded with Michigan's contracted provider application to implement a smart phone application named EVVIE, an electronic timekeeping system. There have been a few issues being corrected and for the time being if you are using an overnight code, you must still use the paper copy timesheet. Meanwhile, employers and/or staff may obtain additional copies of the "Self-Directed Time Sheet & Progress Notes" form from our SCCMHA Customer Service Desk located at 500 Hancock in Saginaw. Additional forms are also enclosed.

We hope you enjoy the enclosed Self-Determination Delivered Newsletter! We are always open to suggestions on items you would like to see added to our quarterly newsletter. Please feel free to contact us with any recommendations, questions, or concerns.

Regards,

The Self-Determination Department

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Nakeisha Bledson (989) 272-7002

Kalen Steger (989) 272-0239

Vaia Economou-Clifford (989) 498-2279

Enclosures: Self-Determination Delivered Newsletter, Time Sheet/Progress Notes, & Flyer