

NORTH COUNTRY



COMMUNITY

MENTAL HEALTH

**WELCOME TO
THE NCCMH
PROVIDER
NETWORK
MEETING**

TUESDAY, MAY 2, 2023

PROVIDER MEETING MATERIALS

- ▶ Meeting agenda and handouts are typically online prior to the meeting. For agenda and notes, go to:
- ▶ **www.norcocmh.org>Providers>Meetings and Publications>FY23**
- ▶ Meeting Minutes are uploaded to the website following the meeting.

▶ Please note – virtual meetings are recorded on TEAMS!



**THE
AUGUST 1,
2023
PROVIDER
NETWORK
MEETING IS
100%
IN-PERSON!!**

JOIN US IN PERSON!

TUESDAY, AUGUST 1, 2023,

9:30 AM – 1 PM

PROVIDER NETWORKING MEETING!

BREAKFAST SNACKS & LUNCH PROVIDED!

UNIVERSITY CENTER, GAYLORD!

**INVITE YOUR TEAM AND MEET OUR TEAM
AND PROVIDER NETWORK MEMBERS!**



**THANK YOU
PROVIDERS!**



AUDIT REPORT

***Special Thank You to Our
Providers ...***

***For generating their
credentialing and insurance
data for the recent
Accreditation and Worker's
Compensation audits!***

ATTN: HOME MANAGERS AND CLS PROVIDERS (MULTI-CLIENT HOMES ONLY)

TIME STUDIES FOR ALL CLIENTS MUST BE COMPLETED WITHIN 30 DAYS OF PLACEMENT AND ANNUALLY NO LATER THAN SEPT 30.

NEED TRAINING ON TIME STUDIES? REQUEST A TRAINING SESSION BY EMAILING:

PROVIDERRELATIONS@NORCOCMH.ORG



**23RD ANNUAL SPLASH OF COLOR FUN
RUN AND WALK FOR MENTAL HEALTH
AWARENESS**

**SATURDAY, MAY 20, 2023
9 AM – 12 PM**

**FESTIVAL PLACE SHELTER
200 WACHTEL
PETOSKEI MI**

**REGISTER AT
NORCOCMH.ORG**

\$0-\$25

**MAY IS
MENTAL
HEALTH
MONTH**

Register at tinyurl.com/298b5d2p.

RSVP on Facebook at fb.me/e/27sisNAY3

Donate directly to the Client Special Needs Fund at tinyurl.com/yy4rnzsn

NCCMH OFFICES PLAN COMMUNITY-BASED FAMILY EVENTS

BELLAIRE: BRIDGE WALK TO WELLNESS; Wednesday May 17, 1 Pm

CHARLEVOIX: MENTAL HEALTH ROCKS AT NCCMH CHARLEVOIX OFFICE, 6250 M66 N; Plant gardens, paint a boulder, nature walks, rock painting & more! Thursday, May 18, 10 am – 4 pm;

GAYLORD: OTSEGO COUNTY COMMUNITY GARDEN PATH CLEAN UP, AND GRAND TRAVERSE BAND OF OTTAWA & CHIPPEWA INDIANS PRESENTATION ON SACRED MEDICINE PLANTS; Otsego Community Garden, Gaylord, Thursday, May 18, 3 - 6 pm

KALKASKA: SENSORY STROLL & CREATE YOUR OWN SENSORY TOOL KIT; Kalkaska's Kaliseum; Sunday, May 21, 1 – 4 pm

CHEBOYGAN: MAY DAY MINDFULNESS – MENTAL HEALTH EDUCATION, SCAVENGER HUNT, GARDENING KIT GIVE-AWAY AND INSPIRATIONAL EVENT; North Central State Trailhead (Across From Faith Baptist Church) Cheboygan, Saturday, May 28, 11 am - 1 pm

PETOSKEY: ROCK YOUR MENTAL HEALTH ROCK PAINTING EVENT 'PICK IT, PAINT IT, PLACE IT'; Festival Square located at 200 Wachtel Street, Petoskey; Tuesday, May 30, 1 pm – 4 pm

**MAY IS
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#TOOLS4RESILIENCE

Lunchtime Virtual Education Series
Mental Health Awareness Month

MAY 2023 | 12-1 PM

4th

Letting go of the heavy backpack: working through difficult situations.

Learn how to communicate in a positive way to help others. Learn techniques how to handle situations where people might become angry, or behaviors escalate.

9th

Navigating conflict resolution.

Skills and tips to practice to positively and constructively communicate with people in your work or personal life.

11th

A DOSE of life.

Increase and balance your happy hormones to become more resilient by taking control and living your life!

16th

Developing cultural intelligence.

Gain an inside view of individual bias to increase understanding and for personal development.

18th

Strong foundation, bright futures: building a healthy tomorrow.

An overview of the parent-infant relationship and its impact on mental health, wellbeing, and resiliency.

23th

Trying to keep yourself safe online.

A roundtable discussion on ways to thwart common techniques scammers use to steal our financial and personal data.

25th

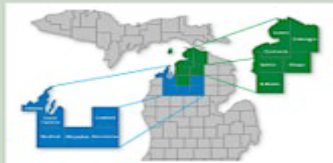
Health is our wealth.

Choices to holistically integrate your physical and mental health in order to achieve optimal health. Techniques to advocate for yourself with a primary care provider, food as medicine, and more!

Register here for any or all



FEATURING  myStrength



MyStrength Code:
NCCMHcomm

MyStrength Code:
NLCMHcommunity



North Country
Community Mental Health

MAY IS MENTAL HEALTH MONTH

REGISTRATION REQUIRED TO GET
PRESENTATION LINK.
SEE WWW.NORCOCMH.ORG

PHOTOVOICE INCLUSION AND STATEWIDE TRAVELING ART SHOW

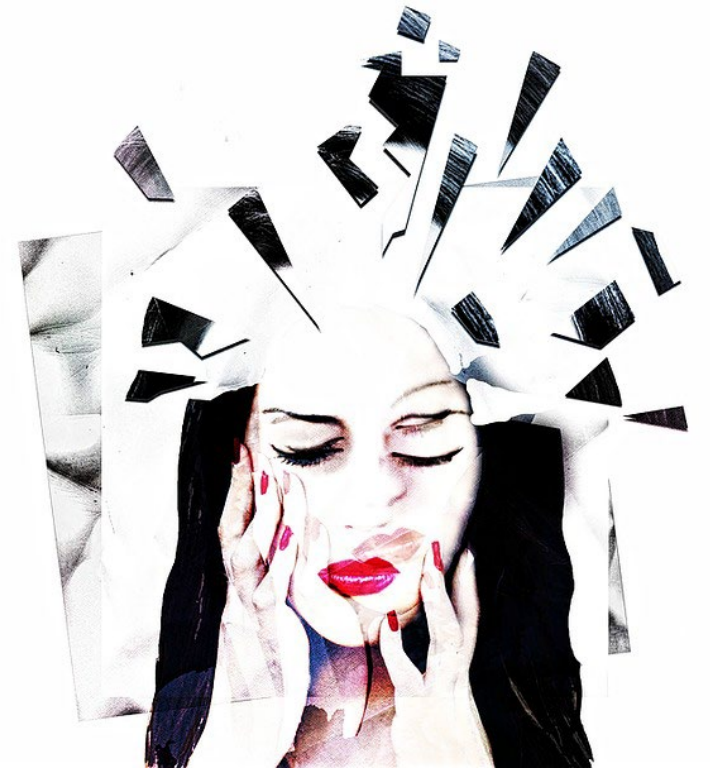
May 1-31 – Charlevoix Public Library, 220 W Clinton

May 1-8 – Antrim County Building, 203 E Cayuga St

May 9-14 – Petoskey District Library, 500 E Mitchell St

May 15-21 – Cheboygan Area Public Library, 100 S
Bailey St

May 22-31 – Otsego County Library, 700 S Otsego Ave,
Gaylord



**MAY IS
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FREE MOVIE SHOWING ...

DRIVING MISS DAISY



**FRIDAY, MAY 19
1 PM
PETOSKEY
FRIENDSHIP
CENTER
LIBRARY**

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Includes Presentation on Mental Health and Aging

FREE VIRTUAL YOUTH & ADULT MENTAL HEALTH FIRST AID CLASS

Mental Health First Aid is a ground-breaking, evidence-based training program for community members interested in learning to recognize and diffuse mental health crises.

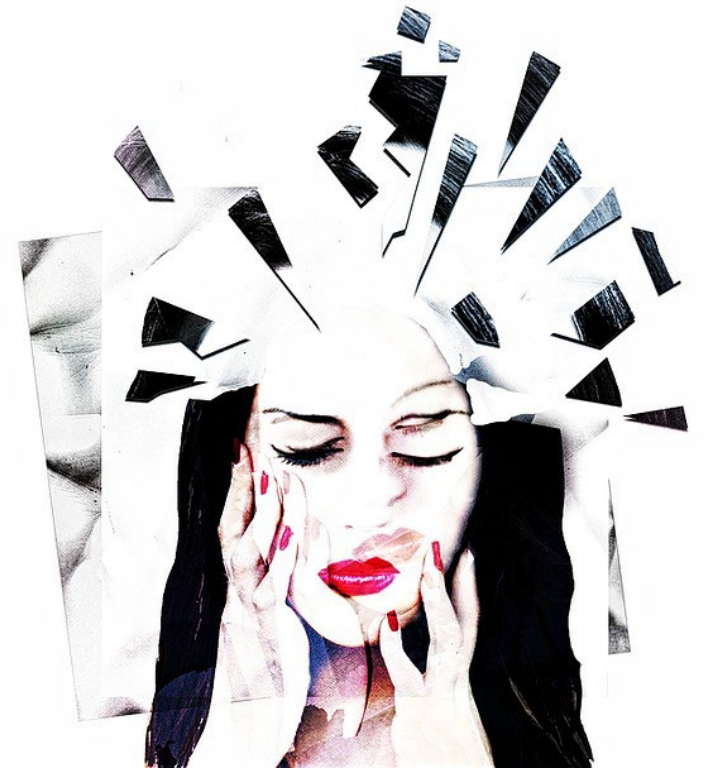
Youth Class: May 4 and 5, from 9:00 a.m. to 1:00 p.m.

Adult Class: May 11 and 12 from 1:00 p.m. to 5:00 p.m.

SPREAD THE WORD! TRAIN THE PUBLIC! INCREASE THE CAPACITY OF OUR COMMUNITY TO RESPOND APPROPRIATELY TO PERSONS EXPERIENCING A MENTAL HEALTH ISSUE! REGISTER USING THESE LINKS:

Adult MHFA – tinyurl.com/yf8sjk3s

Youth MHFA – tinyurl.com/2p8thff4



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BUDGETS!

Budgets and rate change requests for FY2024 should be emailed to Contract Manager by August 1, 2023.

Email: providerrelations@norcocmh.org

CONTRACTS!

**DID YOU
KNOW THAT ...**

Inclusion and incorporation of Premium Pay reimbursements into the base rates specified in Client Authorizations is at the discretion of the Payor's Finance Director and provider will be notified in writing when any inclusion of premium pay reimbursements has been completed.

Find us on



FOLLOW US ON

