

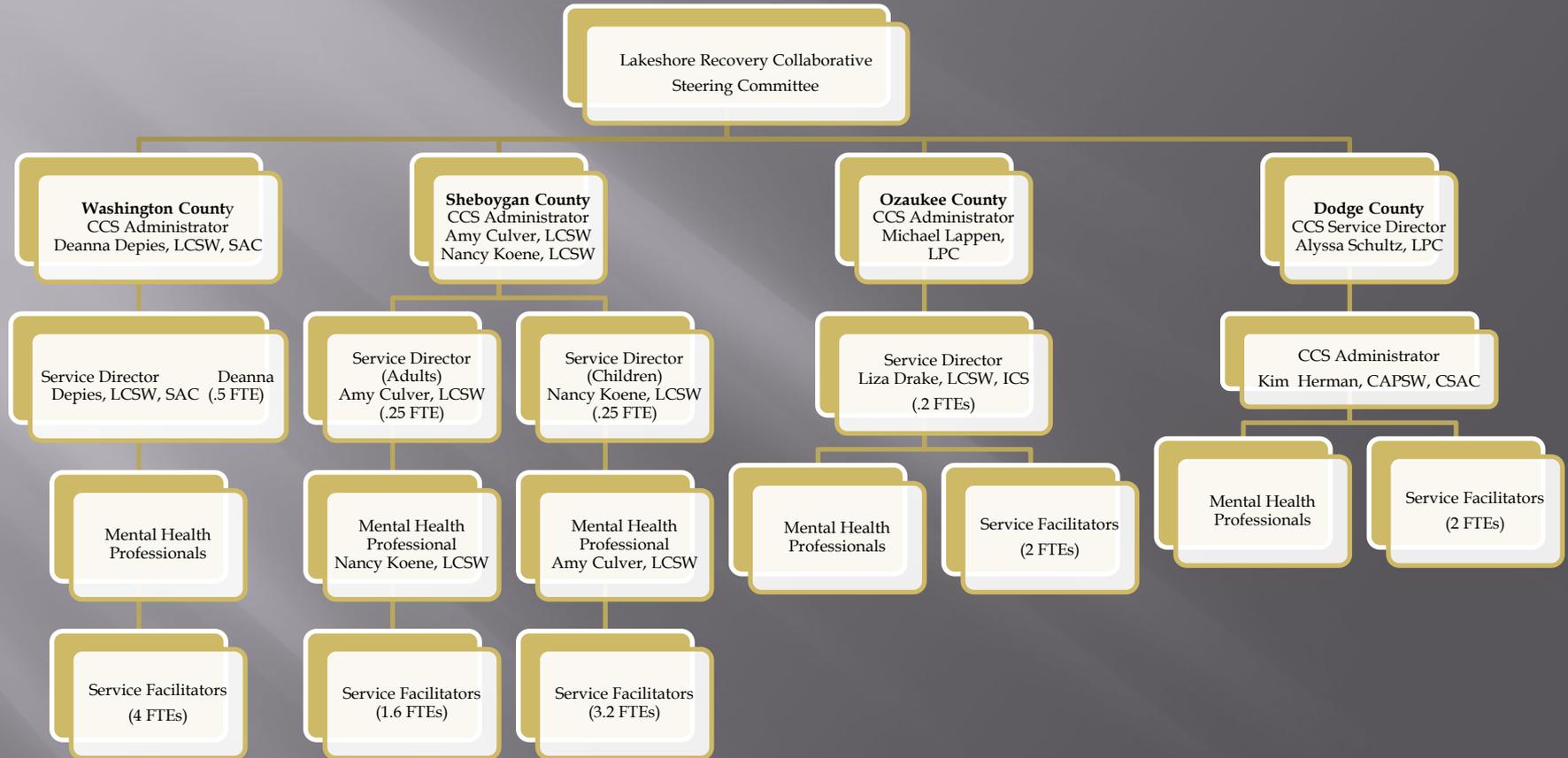
# GETTING THE MOST OUT OF YOUR CCS VENDORS

By Michael Lappen  
& Liza Drake

# Lakeshore Recovery Collaborative

- ▣ Consumer Advisory Committee
- ▣ Collaborate on contract language and policy and procedures
- ▣ Use of a shared portal to facilitate consistent CCS training for all Regional and vendor CCS staff ([www.lrc.co.ozaukee.wi.us](http://www.lrc.co.ozaukee.wi.us))
- ▣ Shared interest within the Lakeshore Recovery Collaborative was the development of Recovery Homes

# Lakeshore Recovery Collaborative Organizational Chart



# Shared Portal

http://www.lrc.co.ozaukee.wi.us/

Lakeshore Recovery Collab... x

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## Lakeshore Recovery Collaborative

- CCS Orientation
- CCS Ongoing Training
- Recovery Home Development
- LRC Meeting Minutes
- CCS Demo Vendor

COMMUNITY VOICE

NOTIFY ME

EMPLOYMENT

VIDEO

115%

# Recovery Homes (Evidence Based Models)

## 1. Taking Action

[http://store.samhsa.gov  
/product/Taking-  
Action-A-Mental-Health-  
Recovery-Self-Help-  
Educational-  
Program/SMA14-4857](http://store.samhsa.gov/product/Taking-Action-A-Mental-Health-Recovery-Self-Help-Educational-Program/SMA14-4857)

## 2. Illness Management and Recovery

[http://store.samhsa.gov  
/product/Illness-  
Management-and-  
Recovery-Evidence-  
Based-Practices-EBP-  
KIT/SMA09-4463](http://store.samhsa.gov/product/Illness-Management-and-Recovery-Evidence-Based-Practices-EBP-KIT/SMA09-4463)



## Living on a Budget

PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

### OBJECTIVES

- ① Use a system of envelopes to teach how to live within a budget. Figure out how much money is needed for the individual's clothing, toiletries, haircuts, spending money, or other items each month. Write out on paper a monthly prediction of expenses.
- ② Examine all sources of income/money and compare with expenses. Discuss and make necessary adjustments to expenses to balance the budget. Explain the benefits/necessity of a balanced budget and the consequences of living "beyond" budget.
- ③ Set up envelopes for each category, and have the individual place the budgeted amount of cash in at the beginning of the month or week.
- ④ Explain that they are responsible for making these various purchases each month using the cash in the envelope and when the money is gone, it's gone. This system teaches that if they buy the most expensive type of item, they may not have money for anything else.
- ⑤ You may also want to include "savings" and "charitable giving" as categories for envelopes.

Time Initiated: \_\_\_\_\_ Time Completed: \_\_\_\_\_

**Participant Initials** \_\_\_\_\_ **Trainer Initials** \_\_\_\_\_

## Using MYPLATE to Identify Healthy Meal Components

PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

### OBJECTIVES

- ① Examine the “MyPlate” diagram together. Identify its different components and the foods that fit into each category.
- ② Discuss the individual’s current “nutritional status”; are they happy/satisfied with their current intake? Discuss any current or past diets.
- ③ Discuss the individual’s favorite foods; it may be helpful to create a written list.
- ④ Determine where each food group belongs in the MyPlate diagram. Assign each item to a food group. Determine if any foods don’t seem to fit any group well.
- ⑤ Discuss the nutritional value of the individual’s favorite foods. Is there a preponderance or deficit of any of the groups in the foods they pursue the most?
- ⑥ Discuss what dietary adjustments could address any imbalance on MyPlate. What Foods could be added or diminished to achieve greater nutritional health?

Time Initiated: \_\_\_\_\_ Time Completed: \_\_\_\_\_

**Participant Initials** \_\_\_\_\_ **Trainer Initials** \_\_\_\_\_

## Create a Personal Recipe Book

PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

### OBJECTIVES

- ① Create a "Personal Recipes Book." Discuss a format and obtain the appropriate materials for it (ie. notebook, binder, card file box).
- ② Identify current favorite meals or recipes and convert them to the recipe book's format.
- ③ Seek and identify recipes for dishes that the individual chooses to include. Identify and obtain at least 10-15 recipes. Enter them using the book's format, demonstrating how new entries can be completed.
- ④ After making a meal, determine whether or not to include it in the recipe book.
- ⑤ Accumulate several weeks of menus that the individual can prepare.

Time Initiated: \_\_\_\_\_ Time Completed: \_\_\_\_\_

Participant Initials \_\_\_\_\_ Trainer Initials \_\_\_\_\_

## Obtaining a Driver's License

PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

### OBJECTIVES

- ① An important key to driving is getting a driver's license. Together, prepare a list of the steps involved in getting a driver's license (getting a permit, enrolling in driver's education, taking written and behind-the-wheel tests, getting insurance).
- ② Formulate a realistic timeline for completion of each objective.
- ③ Identify possible resources for completing driver's education and behind-the-wheel training. Identify time commitments needed and scheduling considerations.
- ④ Discuss insurance issues (why it is required, why it is needed, requirements, premiums, collision vs. liability, etc.). Explore possible resources for obtaining insurance
- ⑤ Go to the DMV (Department of Motor Vehicles) for an orientation visit. Examine the application for a Driver's License, and review the process for completing and submitting it.

Time Initiated: \_\_\_\_\_ Time Completed: \_\_\_\_\_

Participant Initials \_\_\_\_\_ Trainer Initials \_\_\_\_\_

## Understanding Insurance

PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

### OBJECTIVES

- ① Have the individual complete a "personal belongings inventory." Use a pen and paper, a camera, or a video camera to record valuable items.
  
- ② Use the opportunity to talk about the value of homeowner's or renter's insurance to help you replace these things if they are lost, stolen, or destroyed
  
- ③ Discuss the role of an insurance agency and an insurance agent.
  
- ④ Discuss different types and extents of coverages and exclusions.
  
- ⑤ Discuss insurance premiums and their relationship to coverage levels. Discuss cost/affordability vs. exposure/coverage needs.
  
- ⑥ Arrive at a decision if the individual wishes to pursue insurance coverage and assist/advise as to the first steps to obtain it.

Time Initiated: \_\_\_\_\_ Time Completed: \_\_\_\_\_

**Participant Initials** \_\_\_\_\_ **Trainer Initials** \_\_\_\_\_