

Lifeways

+

**1915(i)
STATE PLAN
AMENDMENT.**

LifeWays Clinical Training Team



- **01. Overview**
Establishing the “what” and the “why” of the 1915(i) SPA
- **02. Eligibility**
Identifying who will benefit from the 1915(i) SPA
- **03. Process Flow**
Examining the eligibility and application steps for the 1915(i) SPA
- **04. Service Review**
Reviewing medical necessity for services covered under the 1915(i) SPA

AGENDA.



Lifeways



OVERVIEW.

01.

Michigan has transitioned all specialty behavioral health services and supports to a state benefit plan.

02.

The 1915(i) State Plan Amendment establishes provision of behavioral health community-based services along with the evaluation and re-evaluation of eligibility.

03.

Applications will be submitted through the Waiver Support Application (WSA).

04.

The Prepaid Inpatient Health Plan will conduct reviews to ensure individuals meet all eligibility requirements for the 1915(i) benefit and MDHHS will independently determine if needs-based criteria have been met.

GOALS



COMMUNITY INCLUSION

The individual uses community services and participates in community activities in the same manner as the typical community citizen (e.g., recreation, socialization, civic activities).



INDEPENDENCE

The individual defines the extent of freedom for themselves during person-centered planning (e.g., living on their own, controlling their own budget, when and how to bathe, when to go to bed, etc.).



PRODUCTIVITY

The individual is engaged in activities that result in or lead to maintenance of or increased self-sufficiency (e.g., going to school or work, volunteering, etc.).

COVERED SERVICES.

- Community Living Supports
- Enhanced Pharmacy
- Environmental Modifications
- Family Support & Training
- Fiscal Intermediary
- Housing Assistance
- Respite Care
- Skill-Building Assistance
- Specialized Medical Equipment & Supplies (formerly known as Assistive Technology)
- Supported/Integrated Employment

The Lifeways logo is displayed in a white, sans-serif font against a green-tinted background. The background features a photograph of a family—a man, a woman, and two children—walking through a grassy field with trees in the background. The man is carrying a child on his shoulders, and the woman is carrying another child. The entire image is overlaid with a semi-transparent green filter.

ELIGIBILITY.

Targeted Populations:

- Serious Mental Illness
- Serious Emotional Disturbance
- Intellectual/Developmental Disability



To be eligible for 1915(i) services, an individual must meet the following needs-based criteria:

1. Have a substantial functional limitation in 1 or more of the following areas of major life activity:
 - Self-Care
 - Communication
 - Learning
 - Mobility
 - Self-direction
 - Capacity for independent living
 - Economic self-sufficiency
2. Without 1915(i) services, the individual is at risk of not increasing or maintaining sufficient level of functioning in order to achieve their individual goals of independence, recovery, productivity, or community inclusion.

01. Face-to-face assessments will determine functional abilities and identify services/supports required to reach the expected outcomes of community inclusion and participation.

02. Eligibility must be evaluated annually to determine if the individual meets the needs-based criteria for the 1915(i) benefit.

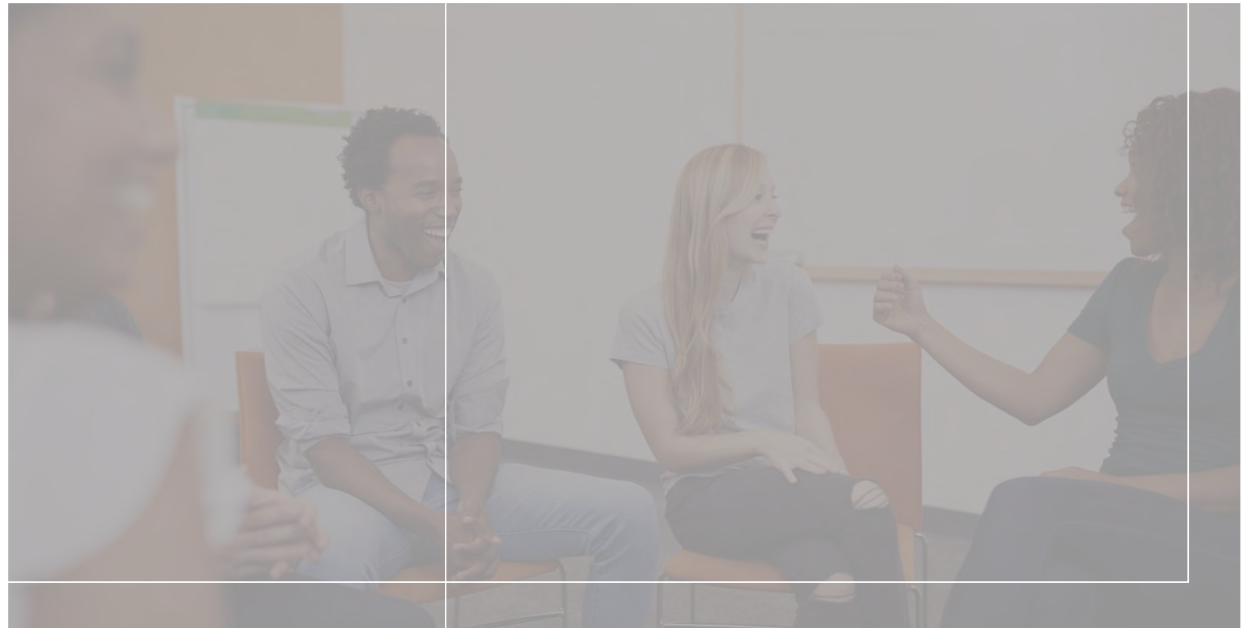
03. To remain eligible throughout the year, the individual has to participate in at least one 1915(i) service every three months.

DETERMINING ELIGIBILITY.



PROCESS FLOW.

Lifeways



01.
Assessment



02.
Person-Centered
Planning



03.
1915(i) Referral
Form in LEO



04.
Application
submitted and
approved in WSA



05.
Authorizations
approved



06.
Services begin



Lifeways



01. ASSESSMENT

Access or the Primary Case Holder (PCH) will complete a biopsychosocial assessment and document clearly the substantial functional impairment in at least 1 area of major life activity.



Specialty home and community-based services and supports are identified through person-centered planning.

- Inform of self-directed opportunities and document choice of services and providers

PCH will determine what funding sources are available, ruling out CCBHC, EPSDT (if 21 and younger), and C-Waivers (if eligible).

02. PERSON-CENTERED PLANNING

Lifeways



1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

X = This service is a covered service.

* = This service may be covered under Specialized Medical Equipment & Supplies. Please refer to the code chart for further details.



1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

X = This service is a covered service.

* = This service may be covered under Specialized Medical Equipment & Supplies. Please refer to the code chart for further details.



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i) SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

An adult is eligible for the Habilitation Supports Waiver and is in need of CLS and Specialized Medical Equipment.
 Would we need to apply for the 1915(i) SPA?



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

An adult is eligible for the Habilitation Supports Waiver and is in need of CLS and Specialized Medical Equipment.

Would we need to apply for the 1915(i)SPA?

No. Both of these services are covered under the Habilitation Supports Waiver.



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

A 14-year-old child needs CLS services. The child is not eligible for any C-Waivers.

Would we need to apply for the 1915(i)SPA?



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

A 14-year-old child needs CLS services. The child is not eligible for any C-Waivers.

Would we need to apply for the 1915(i)SPA?

No. CLS services can be directly authorized by LifeWays as part of the EPSDT program.



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

An adult needs skill building, respite, and enhanced pharmacy. They are not eligible for any C-Waivers.

Would we need to apply for the 1915(i)SPA?



LET'S PRACTICE!

1915(i)SPA Services	CCBHC	Behavioral Health Covered EPSDT	Children's Waiver 1915C	SED Waiver 1915C	Habilitation Supports Waiver 1915C	1915(i)SPA
Community Living Supports		X	X	X	X	X
Enhanced Pharmacy					X	X
Environmental Modifications			X		X	X
Family Support & Training	X	X	X	X	X	X
Financial Management Services (FMS)/Fiscal Intermediary			X	X	X	X
Housing Assistance						X
Respite	X		X	X	X	X
Skill Building	X	X			X	X
Specialized Medical Equipment & Supplies (Assistive Tech)			X		X	X
Supported/Integrated Employment	X	X			X	X
Vehicle Modification (Assistive Tech)			*		*	X

An adult needs skill building, respite, and enhanced pharmacy. They are not eligible for any C-Waivers.

Would we need to apply for the 1915(i)SPA?

Yes. Although skill building and respite are covered by the CCBHC, enhanced pharmacy is not.



PCH will submit authorizations for all services identified in the plan.

- 1915(i) services will go into a queue to be processed after the 1915(i) has been approved by MDHHS. All other authorizations will be processed by UM as usual.
- If the 1915(i) is not approved within 14 **days, UM will send a “Delay Notice”** to the consumer and copy the PCH.

02.

PERSON-CENTERED PLANNING

Lifeways

03. REFERRAL FORM



The primary case holder completes the **1915(i) Referral Form** in LEO (LifeWays Electronic Organizer) and marks the status as **“Complete, Pending WSA Entry.”**



LifeWays



LET'S TAKE A LOOK!

[LifeWays Electronic Organizer](#)

04. APPLICATION SUBMISSION & APPROVAL

The LifeWays Waiver Coordinator receives the 1915(i) Referral Form in LEO and submits an application in the Waiver Support Application (WSA).

The application will then be reviewed by Mid-State Health Network (MSHN) and Michigan Department of Health and Human Services (MDHHS). Once approved in the WSA, the LifeWays Waiver Coordinator will mark the 1915(i) Referral Form in LEO as “Approved” which will generate a notification banner within the consumer’s LEO chart and notify the primary case holder that the application was approved.

If the 1915(i) is not approved by MSHN or MDHHS, the Waiver Coordinator will document this in the 1915(i) Referral Form which will notify the PCH.



Lifeways



05. AUTHORIZATIONS

When an individual has been approved for the 1915(i) and has the banner in their chart, Utilization Management will review and approve requests which contain medical necessity that supports amount, scope, and duration of the request.

Utilization Management will be changing the start date of the 1915(i) authorization(s) to reflect the approval date of the 1915(i).

If the 1915(i) is not approved, UM will send notice to the consumer.

Lifeways





06.
SERVICES BEGIN



01.
Assessment



02.
Person-Centered
Planning

03.
1915(i) Referral
Form in LEO



04.
Application
submitted and
approved in WSA

05.
Authorizations
approved



06.
Services begin



SERVICE REVIEW.

LifeWays

COMMUNITY LIVING SUPPORTS (CLS)

Used to increase or maintain self-sufficiency, facilitating an individual's achievement of their goals of community inclusion and participation, independence, and productivity

Coverage includes (but is not limited to):

- Assisting, prompting, reminding, cueing, observing, guiding and/or training in the following activities:
 - Meal preparation
 - Laundry
 - Household care and maintenance
 - Activities of daily living
 - Shopping for necessities
 - Money management
 - Non-medical care
 - Socialization and relationship building
 - Transportation to and from community activities
 - Preservation of health and safety



ENHANCED PHARMACY

Items that are physician-ordered, nonprescription “medicine chest” items as specified in the individual’s plan of service

Covered Items for Adult Beneficiaries Living in Independent Settings

- Cough, cold, pain, headache, allergy, and/or gastrointestinal distress remedies
- First aid supplies (e.g., band-aids, iodine, rubbing alcohol, cotton swabs, gauze, antiseptic cleansing pads)

Covered Items for Beneficiaries Living in Independent Settings, with Family, or in Licensed Dependent Care Settings

- Special oral care products to treat specific oral conditions beyond routine mouth care
- Vitamins and minerals
- Special dietary juices and foods that augment, but do not replace a regular diet
- Thickening agents for safe swallowing

ENVIRONMENTAL MODIFICATIONS

Physical adaptations to the beneficiary's own home or apartment and/or workplace

Coverage Includes:

- Installation of ramps and grab-bars
- Widening of doorways
- Modification of bathroom facilities
- Special floor, wall or window covering that will ensure health and safety
- Installation of specialized electrical or plumbing systems
- Central air conditioning when prescribed by a physician and essential in treatment

Coverage Excludes:

- Adaptations or improvements to the home that are not of direct medical or remedial benefit or do not support the identified goals of community inclusion and participation, independence, or productivity
- Cost for construction of a new home or new construction in an existing home
- Environmental modification costs for improvements exclusively required to meet local building codes

FAMILY SUPPORT & TRAINING

Family-focused services provided to family of persons with SMI, SED, or I/DD for the purpose of assisting the family in relating to and caring for a relative with one of these disabilities

Coverage Includes:

- Education and training about treatment regimens and use of assistive technology and/or medical equipment
- Counseling and peer support for assistance in caring for or living with a person with disabilities.
- Family Psychoeducation
- Parent Support Partner

FISCAL INTERMEDIARY

Services that assist the adult beneficiary to meet goals while controlling their individual budget and choosing staff who will provide the services that support identified in the IPOS and authorized by LifeWays

Fiscal intermediary services include, but are not limited to:

- Facilitation of the employment of service workers by the beneficiary (including tax withholding/payments, unemployment compensation, etc.)
- Tracking and monitoring participant-directed budget expenditures and identifying potential over- and under-expenditures
- Assuring adherence to federal and state laws and regulations
- Ensuring compliance with documentation requirements related to management of public funds



01

Enables beneficiaries to secure and/or maintain their own housing **as set forth in the beneficiaries' IPOS**

02

Services Include:

- Identifying housing preferences and needs to support or maintaining community integration
- Assistance with finding and securing housing as needed (including transportation)
- Assistance with securing supporting documents/records, applications, securing deposits and locating furnishings.
- Supports to assist in communicating with the landlord/property manager regarding disability



03

Services Exclude:

- Cost for room and board (e.g., rent, mortgage, motel/hotel stays, security deposit, etc.)
- Funding for ongoing housing costs (e.g., repairs, utility bills, insurance, taxes, etc.)

HOUSING ASSISTANCE

RESPITE SERVICES

01

Intended to assist in maintaining a goal of living in a natural community home and are provided on a short-term, intermittent basis to relieve the beneficiary's family or other primary caregiver(s) from daily stress and care demands during times when they are providing unpaid care

02

Respite services cannot be provided in day program settings, nursing homes, or hospitals, and cannot be provided by the beneficiary's parents, spouses, guardians, or primary caregivers

Information Retrieved from the Michigan Medicaid Provider Manual

Lifeways





SKILL BUILDING

01

Lifeways

Consists of activities identified in the IPOS that assist a beneficiary to increase their economic self-sufficiency and/or to engage in meaningful activities such as school, work, and/or volunteering

02

Services Include:

- Assistance with self-help, socialization, and adaptive skills to obtain competitive, integrated employment
- Developments of workplace skills such as communication, workplace conduct, ability to follow directions, ability to attend to tasks, problem-solving, workplace safety, etc.
- Development of non-job-task-specific strengths and skills that contribute to employability

VEHICLE MODIFICATIONS

01.

Adaptations or alterations to an automobile or van that is the individual's primary means of transportation in order to accommodate the special and medical needs of the individual

02.

Coverage excludes the purchase or lease of a vehicle, changes to a vehicle that are not of direct medical or remedial benefit, and regularly scheduled maintenance of a vehicle (except upkeep of the modifications)

SPECIALIZED MEDICAL EQUIPMENT & SUPPLIES

An item or set of items that enable the individual to increase their ability to perform activities of daily living with a greater degree of independence than without them

Coverage includes (but is not limited to):

- Items necessary for independent living (e.g., Lifeline, electronic devices for emergencies, sensory integration equipment, etc.)
- Communication devices
- Special personal care items that accommodate the person's disability

Coverage excludes:

- Furnishings (e.g., furniture, appliances, bedding) and other non-custom items (e.g., wall and floor coverings, decorations) that are routinely found in a home
- Educational supplies required to be provided by the school as specified in the child's IEP





Lifeways

SUPPORTED/ INTEGRATED EMPLOYMENT

- Services that are provided in a variety of community settings for the purposes of supporting individuals in obtaining and sustaining individual competitive integrated employment.
- Promote self-direction, are customized, and aimed to meet an individual's personal or career goals identified in the IPOS.
- Coverage includes:
 - Job-related discovery
 - Career planning
 - Job placement and development
 - Job coaching
 - Negotiation with prospective employers
 - Career advancement services

The logo for Lifeways, featuring the word in a stylized, multi-colored font (blue, green, and yellow) with a white outline. The background is a light gray with a faint image of hands holding each other.

Lifeways

QUESTIONS?

Clinical Training Team:

Denae Tracy

denae.tracy@lifewaysmi.org

Kaitlin Burnham

kaitlin.burnham@lifewaysmi.org

Rachael Snyder

rachael.snyder.@lifewaysmi.org

1. When in LEO, select Reports and Downloads:

A vertical navigation menu with four items: 'System Setup', 'Treatment Plans', 'Reports and Downloads', 'Blank Prints', and 'Change Password'. The 'Reports and Downloads' item is highlighted with a red rectangular box.

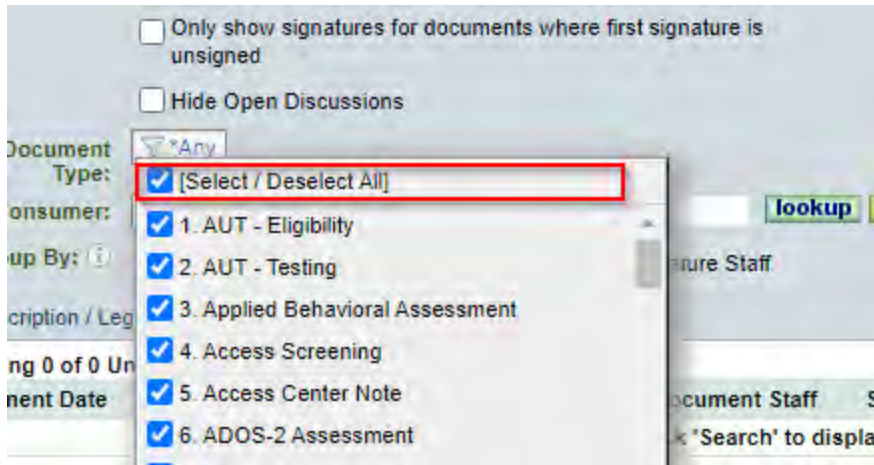
2. Then select Unsigned Documents Report.

A screenshot of a web application page titled 'Staff Reports'. It contains several links and descriptions: 'Signed Documents Report' (Print a list of signed documents), 'Signed Documents Report by Supervisor' (Print a list of signed documents for my supervised staff), 'Staff Information Report' (a list of staff and their information), 'Treatment Plan / Addendum Signature Report' (List of most recent Treatment Plans / Addendums with signature completion data for all open consumers), 'Unsigned Documents Report' (Print a list of unsigned documents), and 'Unsigned Documents Report by Supervisor' (Print a list of unsigned documents for my supervised staff). The 'Unsigned Documents Report' link and its description are highlighted with a red rectangular box.

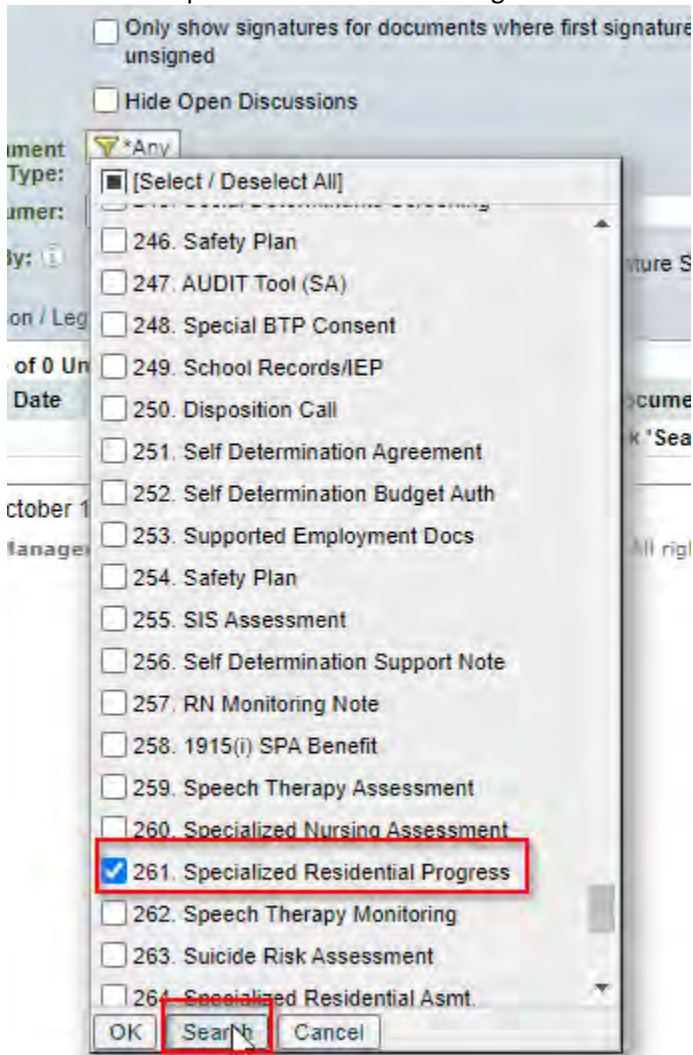
3. Then select Document Type

A screenshot of a search filter form. It includes fields for 'Document Date' (with a date range and calendar icons), 'Signature Staff' (dropdown menu), 'Include' (radio buttons for 'All Signatures', 'Amendment Signatures Only', 'Original Signatures Only'), and checkboxes for 'Only show signatures for documents where first signature is unsigned' and 'Hide Open Discussions'. The 'Document Type' dropdown menu is highlighted with a red rectangular box. Below these are 'Consumer' fields with 'lookup' and 'clear' buttons, and a 'Group By' section with checkboxes for 'Primary Provider', 'Supervisor', and 'Signature Staff'.

4. Then select the Deselect All option:



5. Then select Specialized Residential Progress and select Search:



6. This will show all of your unsigned documents:

Document Date	Document	Consumer	Signature Title	Document Staff	Signature Staff	Staff Type	Supervisor	Primary Provider	Group Signature
---------------	----------	----------	-----------------	----------------	-----------------	------------	------------	------------------	-----------------

*Note: did not include any results to not show any Protected Health Information.

7. Then select Export to Excel.

Document Date: [] - []
 CMH / Affiliate: LifeWays CMH
 Signature Staff: *Any
 Primary Provider: *Any
 Include: All Signatures Amendment Signatures Only Original Signatures Only
 Only show signatures for documents where first signature is unsigned Only show documents with missing Consumer signatures
 Hide Open Discussions Hide Group Signatures
 Document Type: Specialized Residential Progress
 Consumer: [] [] [lookup](#) [clear](#)
 Group By: Primary Provider Supervisor Signature Staff
[Export to Excel File](#) [Export to CSV File](#)

8. This will give you the list of any or all unsigned documents in an excel document.

NOTE: Please note if you cannot see the Unsigned Documents Report, please submit a LEO Help Desk ticket to request access.

NOTE 2: For staff that have termed, please submit LEO Help Desk identifying all staff's first and last name and identify that all outstanding unsigned documents be administratively resolved.

1915(i) STATE PLAN AMENDMENT

REFERRAL PROCESS

ASSESSMENT

Biopsychosocial assessment documents substantial functional impairment in at least 1 area of major life activity and needs related to community inclusion, independence, and/or productivity.

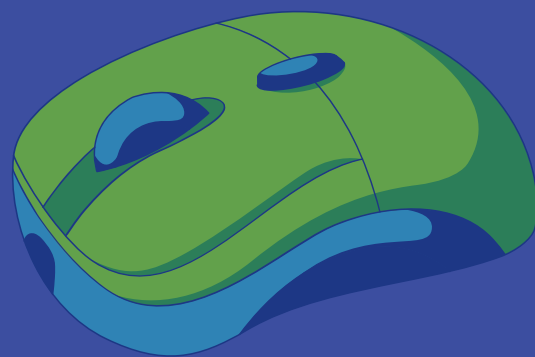


PERSON-CENTERED PLANNING

Necessary services are identified and the primary case holder determines if 1915(i) is needed to access those services. Authorizations are also submitted to Utilization Management.

REFERRAL FORM

The primary case holder completes a 1915 (i) SPA Benefit referral form in LEO and marks the form as "Complete, Pending WSA Entry."

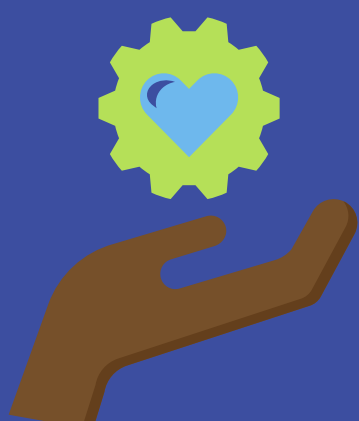


WSA APPLICATION

The LifeWays Waiver Coordinator receives the referral form and submits an application in WSA. The application is reviewed by Mid-State Health Network and approved by MDHHS.

AUTHORIZATIONS

Utilization Management reviews and approves 1915(i) authorization requests. UM changes the start date of the authorization to reflect the approval date of the 1915(i).



SERVICES BEGIN

The individual starts receiving 1915(i) services to achieve their goals of community inclusion, independence, and productivity.

+

Lifeways

COMMUNITY

HEALTH +

WELLNESS



WELLNESS PROGRAMS



Brandon Knapp, BEXSc
Wellness Coach

Jackson Location

(517) 780-3380 ext: 2380
(517) 867-1870



Pam Swafford, MA, BA
Wellness Coach

Hillsdale/Jackson Location

(517) 748-1606

ENGAGE

Build relationships

EDUCATE

Services/Resources

EMPOWER

Mentor/Support System



EMOTIONAL

Coping effectively with life and creating satisfying relationships.

FINANCIAL

Feeling satisfied with current and future financial situations.

SOCIAL

Developing a sense of connection, belonging and support with others.

ENVIRONMENTAL

Maintaining good health by occupying pleasant, stimulating environments that support wellbeing.

SPIRITUAL

Finding things that lift your spirit and give meaning and purpose in life.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

OCCUPATIONAL

Finding personal satisfaction and enrichment in one's work.

PHYSICAL

Acknowledging the importance of physical activity, nutrition, and sleep.

SAMHS As Eight Dimensions of Wellness





Lifeways

WELLNESS ROOMS.





Lifeways

This 8-week program focuses on nutrition and exercise for healthy living.

This class requires registration for the whole course. Weekly attendance is important for success.

This program begins with an educational wellness class followed by a fitness class. A healthy lunch is provided.

WELLNESS WEDNESDAYS

HEALTHY FOR LIFE



In a world full of diets that don't work, this program will show you a reliable way to be healthy for life. Healthy for Life is a nutrition and wellbeing program that focuses on empowering people to make healthy food, nutrition and lifestyle choices. Our program teaches you about food and how it affects your body. We also talk about eating well and taking care of your whole self, like handling stress and staying active. Join us on your wellness journey if you're ready to make changes that last!

Lifeways

LifeWays

WELLNESS COACHING.



Work as a team with a wellness coach to develop health goals and receive support during your wellness journey.

A smiling man with dreadlocks is looking at a tablet. The background is a soft-focus outdoor scene. The text 'PERSONALIZED TRAINING SESSIONS.' is overlaid in large white letters on the right side of the image.

PERSONALIZED TRAINING SESSIONS.

01

Individualized
Participants receive an individualized wellness program.

02

One-on-One
All appointments are one-on-one with a wellness coach.

03

Training + Support
Through this program, individuals receive free personal training sessions as well as education and support to work toward healthy goals.



TOBACCO + YOU: LEARN HOW TO QUIT SMOKING



Smoking Cessation

One-on-one or group support to help you meet your smoking cessation or smoking reduction goals.

STRESS LESS.

Stress affects everyone, but with the right coping skills individuals can decrease the negative effect stress has on their mental health.

LifeWays' weekly Stress Less activities include music therapy and art classes to reduce stress.



LifeWays



Lifeways

MSU EXTENSION PARTNERSHIP

Dining with Diabetes

A fun, interactive 4-week course series targeting individuals with prediabetes, type 1 diabetes, or type 2 diabetes. Classes include research-based education, cooking demonstrations, and healthy recipe tasting.

Cooking for One

A fun course that teaches individuals on making simple healthy recipes for one in 6 sessions.

Eat Health, Be Active

A course that teaches healthy eating, activities, and food budgeting advice in 5 sessions.

POP-UP CLASSES

Varies on availability/scheduling.



CHAIR YOGA



CARDIO DRUMMING



MEDITATION

WHAM

Whole Health Action Management

WHAM is a weekly peer-led support group that meets for 12-weeks.

Peer Support Specialists, people with lived experience with mental illnesses, help participants to create and work on positive whole health goals.

Each week, the group discusses progress and difficulties for reaching their goals while also supporting each other in their journeys to whole health.



Lifeways



Lifeways

WRAP

WELLNESS RECOVERY ACTION PLAN



WRAP is a weekly peer-led support group that meets for 8-weeks.

This process supports individuals to identify the tools that keep them well and to create action plans they can practice in their everyday lives.

WRAP helps individuals incorporate key recovery concepts and wellness tools into their plans and lives.



LifeWays

VETERAN SERVICES

LifeWays is proud to announce that we are part of the Vet 2 Vet Program!

Vet 2 Vet mutual support groups provide a judgement-free and supportive environment for ALL veterans. This group helps veterans to learn about and utilize the resources available to them in their community.

For more information about the Vet 2 Vet Mutual Support Group Meetings with LifeWays you can view our flyer or contact:
Veteran Peer Facilitator, Doug Brinker
(517) 796-4508 or (517) 257-1577

For more information about the Vet 2 Vet program as a whole, go to: www.vet2vetusa.org

WELLNESS PROGRAM + REFERRALS

01. Differs from typical referrals.
02. Does not require medical necessity, authorizations.
03. LifeWays funded/sponsored and not billable services.

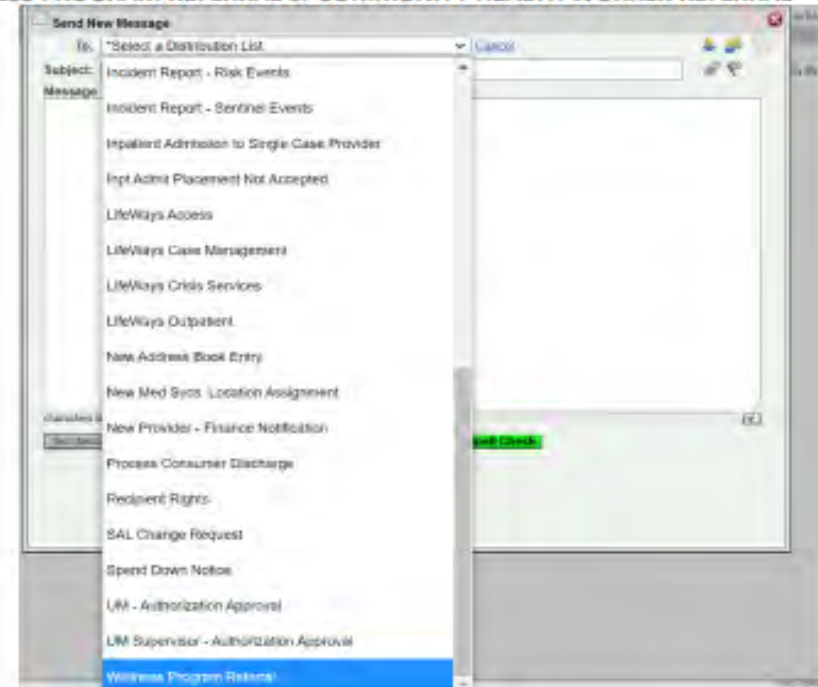
Lifeways

WELLNESS PROGRAM REFERRALS.

Once in your LEO Email, select compose a new message. Then you will select the "add group off staff as message recipients" (highlighted yellow)



Select WELLNESS PROGRAM REFERRAL or COMMUNITY HEALTH WORKER REFERRAL



Proceed with your subject and message then send message. Someone will respond to you within or business day.

LifeWays

QUESTIONS?

