



North Carolina

Community Transitions Institute

Ensuring Quality Transitions to Community Life 6th Annual Institute Inviting Applications for Participation

In collaboration with its community partners, the NC Department of Health and Human Services proudly announces the 6th Annual *NC Community Transitions Institute*. This initiative provides a hands-on, collaborative learning opportunity for professionals who assist individuals with long-term care needs to transition from facility settings to their homes and communities.

About the Institute

The *NC Community Transitions Institute* (“The Institute”) is a hands-on, collaborative learning opportunity for professionals who support individuals with long-term care needs to transition from facility settings to their homes and communities. The program is designed to bring together diverse stakeholders who support transitioning individuals and to develop best practices throughout the lifecycle of a transition. This Institute builds off existing person-centered thinking and motivational interviewing principles. However, the Institute furthers these principles and provides practical strategies for applying the principles in a transition context.

The Institute incorporates:

- A Transitions Symposium exploring community-based resources important to support individuals in a quality transition landscape (Required Attendance)
- An immersive session focused on improving person-centered collaboration and communication skills inspired by motivational interviewing techniques and person-centered thinking practices (Required Attendance)
- A deep dive workshop in Motivational Interviewing (Optional Attendance)
- A deep dive workshop in Person-Centered Thinking (Optional Attendance)
- An integrated skills practice combining Person-Centered Thinking and Motivational Interviewing skills (Optional Attendance)

Key Application Information

- Application Deadline: Friday, April 30, 2021
- Application Process: Submit application through this online link: (<https://survey.max.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=m6MHI8m1>).
- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.



2021 NC Community Transitions Institute Schedule
All sessions will be virtual

Dates	Topics
Monday May 17 (12:00 – 2:30) Tuesday May 18 (12:00 – 2:30) Wednesday May 19 (12:00 – 2:30) Thursday May 20 (12:00 – 3:00)	Transitions Symposium (Required Participation)
Thursday June 10 (12:00 – 1:30) Thursday June 17 (12:00 – 1:30) Thursday June 24 (12:00 – 1:30) Thursday July 8 (12:00 – 1:30)	Person-Centered Thinking (Optional Participation)
Friday June 11 (12:00 – 1:30) Friday June 18 (12:00 – 1:30) Friday June 25 (12:00 – 1:30) Friday July 9 (12:00 – 1:30)	Motivational Interviewing (Optional Participation)
Friday July 16 (12:00 – 1:30) Friday July 23 (12:00 – 1:30) Friday July 30 (12:00 – 1:30)	Integrated Skills Practice: Person-Centered Thinking and Motivational Interviewing Combined
Thursday August 5 (12:00 – 2:00) Friday August 6 (12:00 – 2:00) Thursday August 12 (12:00 – 2:00) Friday August 13 (12:00 – 2:00) Thursday August 19 (12:00 – 2:00) Friday August 20 (No session) Thursday August 26 (12:00 – 2:00) Friday August 27 (12:00 – 3:00)	Person-Centered Collaborative Communication

2021 Institute Format

Due to anticipated ongoing COVID-19 restrictions, the 2021 Institute will be held virtually. As a virtual event we recognize that people become fatigued by being online, therefore the sessions are scheduled to be approximately an hour and a half up to two hours, during lunchtime and are spread over several days. Some sessions may go longer than two hours, but breaks will be incorporated to accommodate participants. Some content may be pre-recorded for viewing prior to a live session. The live sessions are intended to be highly interactive like a face-to-face conference and will allow for small group discussion, networking, large group sharing and debrief, as well as guided practice.



Introduction to “The Institute”

The *NC Community Transitions Institute* (“The Institute”) is a summer-long, hands-on, collaborative learning opportunity for professionals who support individuals with long-term care needs to transition from facility settings to their homes and communities. The program is designed to bring together diverse stakeholders who support transitioning individuals and to develop best practices throughout the lifecycle of a transition. This Institute builds off existing person-centered thinking and motivational interviewing principles. However, the Institute furthers these principles and provides practical strategies for applying the principles in a transition context. All Institute activities are organized to foster collaboration and networking among members. The Institute is a professional development initiative supported by the NC Department of Health and Human Services’ Money Follows the Person Demonstration Project.

Institute Goals

This Institute builds off existing person-centered thinking and motivational interviewing principles. However, the Institute furthers these principles and provides practical strategies for applying the principles in a transition context.

The goals of the Institute include:

1. Providing quality content that is immediately relevant to the practice of supporting a transitioning individual.
2. Strengthening Institute members’ knowledge of, and utilization of, person-centered practices using collaborative communication techniques inspired by motivational interviewing in transition specific contexts.
3. Fostering professional collaboration and networking among Institute members.
4. Delivering a learning opportunity that enhances organizational capability to support person-centered transition practices.
5. Developing leadership competencies to sustain quality transition practices.
6. Generating clear recommendations for developing and advancing a Transition Policy Agenda

Practices incorporated in the Institute will comport with those person-centered practices outlined in [CMS’ Home and Community-Based Services Final Rule](#). For additional information about why the Department is committing to the Institute concept, please see the “Background on Institute Concept” section within this announcement.



Individuals Eligible to Participate in the Institute

Anyone who is committed to quality, person-centered, collaborative transition practices is invited to apply. We welcome applications from individuals at any level of experience with transitions from those who are new to the field and their role, to those who have been involved for their entire career. We also welcome applications from individuals who serve in the broad range of roles throughout the life cycle of a transition. Sample roles of previous Institute members include:

- Transitions to Community Living in-reach specialists and transition coordinators
- CCNC care managers
- Options counselors
- CAP DA/C case managers
- PACE case managers / enrollment coordinators
- IDD care coordinators
- DVR-IL regional staff
- Centers for Independent Living staff
- Nursing facility discharge planners
- Hospital discharge planners
- MCO care coordinators
- Peer support specialists
- Money Follows the Person transition coordinators
- DSS staffers who assist long-term care recipients
- Long-term care Ombudsmen
- Advocates
- MFP Participants and Family Members
- Other individuals who support individuals to transition to home and community-based settings.

Key Application Information

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- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.



Important Considerations for Participation

- ✓ Institute members will receive Certificates of Completion.
- ✓ General Continuing Education Units (CEUs) will be available through AXIS Medical Education.
- ✓ There is a **\$110.00** registration fee for Institute members to participate in any of the sessions. The one-time fee covers all Institute activities and CEUs.

Application Content and Submission Process:

- Applications are to be submitted through this online link: (<https://survey.max.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=m6MHI8m1>).
- Applicants will be asked to provide name and contact information, demographic details, prior training received in Motivational Interviewing and Person-Centered Thinking, and experience and expertise levels in transitions work. Please provide thoughtful but succinct responses to the questions. Some activities throughout the Institute are based on these answers.
- Applications are due by midnight on **Friday, April 30, 2021**.
- Members selected to participate in the Institute will be notified within 5 business days of application submission.

The Institute is intended to be as inclusive as possible, but space is limited to 75 members. Applications will be considered on a ***first come, first served*** basis.

Individuals who participated in previous Institutes are eligible to participate based on space availability.



Testimonials from Alumni

The most useful part of the Institute “was the contacts made with so many people across the state with experience and knowledge in every area of transitions. I love my new ‘little black book.’”

“I experienced a renewed excitement about my work!”

“It has given me the basic foundation I needed with regards to concepts of patient-centered thinking / motivational interviewing that was needed to take our program to the next level.”

“It allowed me to open my eyes to my previous practices when working with patients on care transitions and enabled me to get out of my comfort zone to learn and practice new concepts/skills that enabled me to grow.”

“I had an amazing experience attending the Institute. Not only did I take back new information and resources, I was able to meet and interact with like-minded professionals who are inspired by transition work. That inspires me even more to do better transition work in the future.”

“Such an amazing opportunity to network and connect with professionals who can relate to transition work. With the complexities of transition work it is so nice to know we’re not alone!”



Preliminary Agendas (*)

Symposium (Required Attendance)

Date	Time	Topic
Monday May 17	12:00 – 2:30	Welcome Keynote Address Introduction to the Institute
Tuesday May 18	12:00 – 2:30	Overview of Olmstead Assistive Technology in Transitions
Wednesday May 19	12:00 – 2:30	Supportive Housing Addressing Isolation and Loneliness
Thursday May 20	12:00 – 3:00	Collaborative Communication Success Story Closing Ceremony

Person-Centered Thinking (Optional Attendance)

Facilitator: Tanya Richmond

Dates	Time	Topic
Thursday June 10	12:00 – 1:30	Welcome Introduction to Person-Centered Thinking Core Concepts
Thursday June 17	12:00 – 1:30	Promoting Positive Control
Thursday June 24	12:00 – 1:30	Reflection Clear Communication
Thursday July 8	12:00 – 1:30	Deepening Understanding Closing and Wrap-Up

Motivational Interviewing (Optional Attendance)

Facilitator: Marty Weems

Dates	Time	Topic
Friday June 11	12:00 – 1:30	Welcome Introduction to Motivational Interviewing Core Concepts
Friday June 18	12:00 – 1:30	Spirit of Motivational Interviewing Principles of Motivational Interviewing
Friday June 25	12:00 – 1:30	Change Key Skills
Friday July 9	12:00 – 1:30	Discord Closing and Wrap-Up



**Integrated Skills Practice: Person-Centered Thinking and Motivational Interviewing
Combined
(Optional Attendance)**

Facilitators: Tanya Richmond and Marty Weems

Dates	Time	Topic
Friday July 16	12:00 – 1:30	Welcome Introduction to Integrated Skills Practice
Friday July 23	12:00 – 1:30	Report Outs Skills Practice
Friday July 30	12:00 – 1:30	Report Outs Skills Practice Closing and Wrap-Up

Person-Centered Collaborative Communication

Facilitators:

Leigh Ann Kingsbury, Tanya Richmond, Marty Weems

Dates	Time	Topic
Thursday August 5	12:00 – 2:00	Welcome Introduction to Integrated Skills Practice
Friday August 6	12:00 – 2:00	Fully Deciding
Thursday August 12	12:00 – 2:00	Effectively Preparing
Friday August 13	12:00 – 2:00	Comfortably Transitioning
Thursday August 19	12:00 – 2:00	Effective Follow-Along and Thriving
Friday August 20	No Session	
Thursday August 26	12:00 – 2:00	Unconscious Bias Self-Care
Friday August 27	12:00 – 3:00	Theater Delta Closing Ceremony

(*) Final agendas will be provided at the beginning of each portion of the Institute.



Background on the Institute Concept

Across the country and within North Carolina, an increasing number of long-term care facility residents are choosing to transition into their homes and communities, with the supports they need to do so. Effectively supporting an individual's transition requires strong coordination between the resident, the resident's family, and the professional network that will support him/her through the transition and once s/he returns to the community. In addition, as an increasing number of individuals transition – many of whom experience significant clinical and social complexities – the need for strong transition supports becomes increasingly apparent.

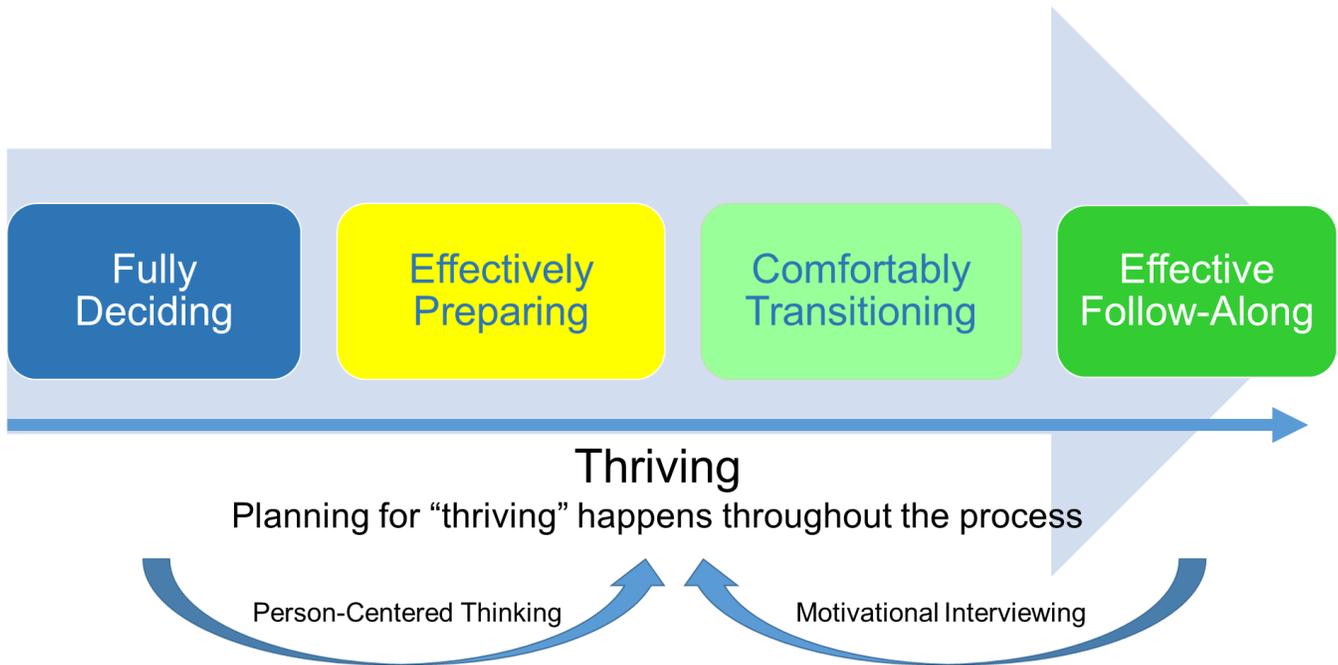
Quality transition practices ensure the effective integration of physical, behavioral, social, and long-term services for transitioning individuals. Strong, coordinated transitions are also more likely to facilitate improved health outcomes and positive quality of life outcomes once a person has transitioned.

Despite the Department's increased activity related to all stages and the functions performed in each stage, there is currently no consistent, Department-wide, competency-based standard or curriculum used to ensure consistency on core transition concepts across the long-term care communities and to train on resources specific to North Carolina. As the need for transition capacity becomes increasingly recognized, we established a Departmental project, the *NC Community Transitions Institute: Ensuring Quality Transitions to Community Life*. This effort furthers the workforce capacity development priorities outlined as part of the *Partnership for Healthy NC, Medicaid Reform* initiative.



Elements of Quality Transition Planning

To strengthen the state’s “transition capacity” the transition experience must be enhanced. This is achieved by addressing key issues throughout the life cycle of a transition. The Institute addresses these key issues by focusing on collaborative communication practices using person-centered principles and strategies that are inspired by motivational interviewing.



Some Final Words from Institute Alumni



Summary of Key Application Information

- Application Deadline: Friday, April 30, 2021
- Application Process: Submit application through this online link: (<https://surveymax.dhhs.state.nc.us/TakeSurvey.aspx?SurveyID=m6MHI8m1>).
- Institute Cost: \$110.00
- Questions? Please contact Tracy Pakornsawat at tracy.pakornsawat@dhhs.nc.gov.

