

Direct Connection

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



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for Disability Services

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CONNECTING WITH THE
DIVISION OF
DEVELOPMENTAL
DISABILITIES

Missouri Department of
Mental Health

Division of
Developmental
Disabilities

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Supporting Families

FAMILY SUPPORT STRATEGIES ARE DIRECTED TO THE FAMILY UNIT BUT ULTIMATELY BENEFIT THE INDIVIDUAL WITH ID/DD.

SUPPORTING FAMILIES INCLUDES:

- Education and training on how to access and develop options, opportunities, and best practices within and outside of disability service systems
- Connections to other families and to self-advocates
- Collaborative processes to plan, explore, problem-solve, and support a vision for the future of a family member with a disability and entire family system, starting early and continuing across the lifespan
- Mechanisms to assist in navigating and accessing services and supports within and outside of disability service systems
- Recognition of and mechanisms to address issues related to poverty
- Funding for goods and services specific to the support and/or caregiver role for the person with ID/DD across the lifespan (e.g., respite, home modifications, cash assistance, assistive technology)
- Plan for crisis prevention/intervention for families and other caregivers
- Training to enhance the family's ability to advocate for services and policies
- System of accountability and quality assurance through data collection, evaluation, and feedback loop components



Share Your Vision for a Good Life With Us!

What is a good life? Show us what 'a good life' means to you!

The Missouri Community of Practice is collecting short videos (10-15 seconds) that tell us what a good life is to you and your family.

These videos will be compiled into one Good Life Video that will be shared with others who will benefit from knowing what is important to self-advocates and to families.

For details and guidelines about submitting a video, visit <http://bit.ly/mogoodlife>.

What is a Family Support Coordinator?

SUPPORTING FAMILIES IS AN INITIATIVE AND FOCUS OF THE DIVISION OF DEVELOPMENTAL DISABILITIES.

The Division's goal is to make information, supports, and goods/services available to thousands of families state-wide who are providing care and/or support to an individual with a developmental disability. To help promote and achieve this particular goal, the Division established Family Support Coordinators (FSC) in each of the regional offices across the state.

The FSCs work within and outside of the Division's structure to provide awareness, education, and technical assistance to families, support coordinators, and staff members from organizations that offer supports and services to families and individuals including: targeted case management agencies, education agencies, healthcare entities, and other community-based service organizations.

Through collaborative partnership efforts, FSCs help to promote best practice philosophies that enhance families' abilities to support their loved ones throughout their lives.

Missouri Family to Family

UMKC INSTITUTE FOR HUMAN DEVELOPMENT UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES (UCEDD)

The Division of Developmental Disabilities has partnered with the Missouri Family to Family (MoF2F) Network to better connect families to resources in their local communities and across the state. The goal of this partnership is to provide families with quick access to crucial family-friendly information. The MoF2F provides customized information and also connects family members to other family members with similar experiences for peer support. Over 650 trained family peer support mentors are available to assist families in navigating life possibilities and helping them problem-solve their current situation so they can create a vision for the future.

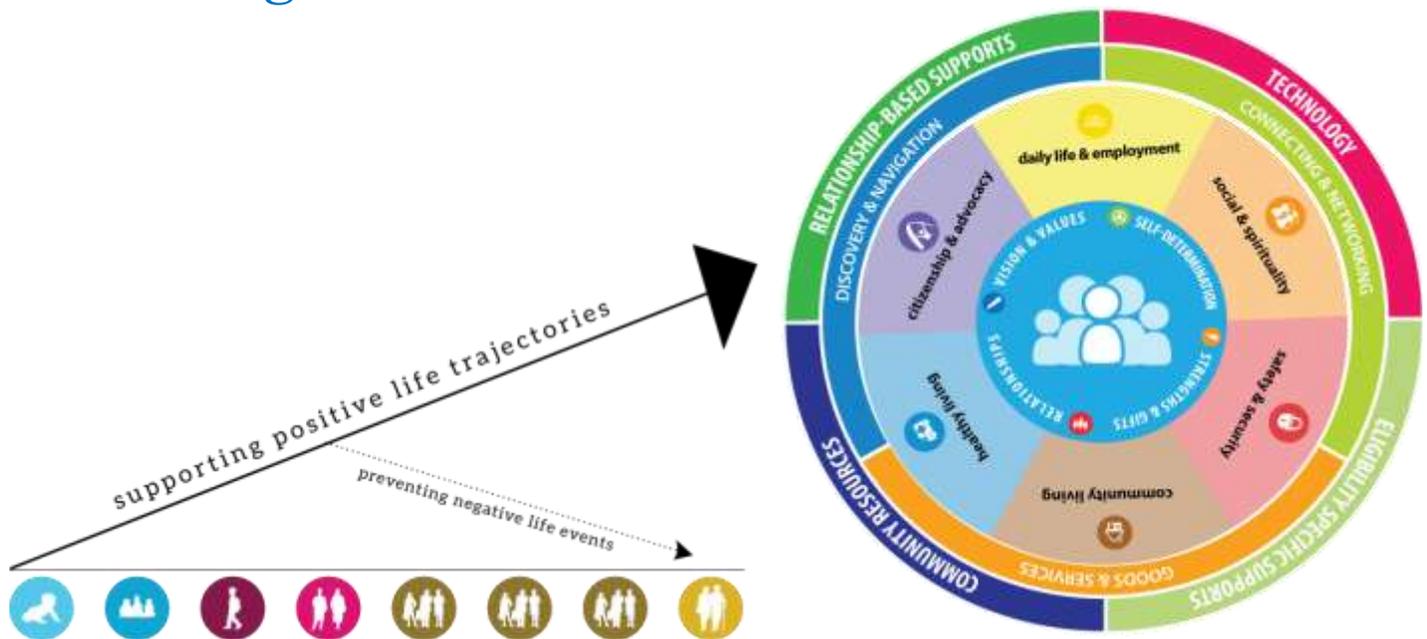
If you are an individual who needs information or you represent an organization that wants to become one of over 150 affiliates of this network, please contact www.mofamilytofamily.org or call 800-444-0821.

You can also contact your regional Family Support Coordinator at: <http://dmh.mo.gov/docs/dd/FSCteam.pdf>. The MoF2F is housed at the University of Missouri Kansas City Institute for Human Development and supported by the Missouri Developmental Disability Council.





Charting the Life Course



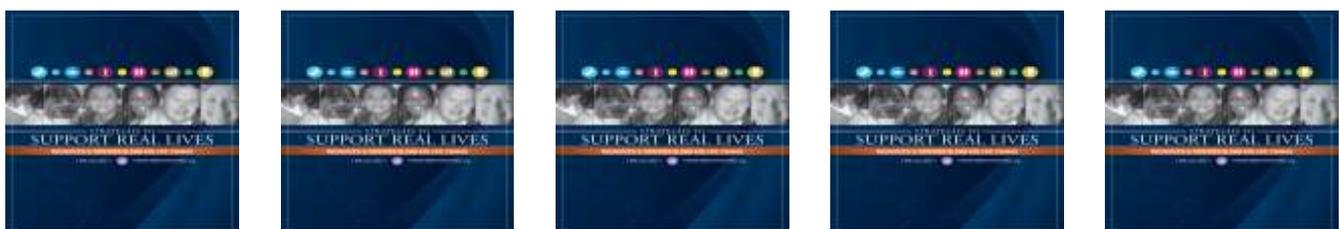
TOOLS, WEBSITE, WEBINAR, FOLDER

Charting the Life Course is a framework developed to help individuals with disabilities and families at any age or stage of life think about what they need to know, identify how to find or develop supports, and discover what it takes to lead the lives they want to live.

Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead and start thinking about what they can do or learn now that will help build an inclusive productive life in the future.

It is important to have a positive vision for the future and have life experiences that move you in that direction. A number of tools and resources are available to assist you on your journey including a resource folder, Life Course Experiences booklet, planning tools, webinars, and more.

All products are available to view or download at www.lifecoursetools.com , or to get paper copies, learn more about these tools, and get help understanding or using them, contact your Family Support Coordinator at the Regional Office serving you.





Brooke's Story

The end of high school can mean great changes for many students and their families. There are usually important decisions to make and numerous options to explore. This time can also be quite stressful for the student and their family. Questions such as "Should I go to college?", "Do I look for a job?", "What other interests do I have?", and "What will I do with my time?" are just a few of the questions any high school graduate may likely face. Those same questions arise for both students with and without disabilities. In many parent conversations, this time of life for some students with disabilities is referred to as "the cliff." Often, some parents and their students find themselves facing not only big decisions about their futures, but they also face a multitude of barriers that most other families do not encounter.



Brooke Nothaus and her family were one of those families who felt they had reached the cliff and were unsure as to what the future held for them. Brooke's family wanted her to continue to explore her interests, have positive and meaningful things to do throughout her days, continue working on independent skills, make new connections in her community, and have the safety and oversight she needed. As graduation day drew near, Brooke's family was preparing for big changes that would ultimately affect the entire family, as Brooke was not transitioning into

employment nor was she participating in a day program. Brooke's family was looking at the possibility that her mother would have to quit her job.

As Brooke and her family struggled to find creative solutions for Brooke's life after high school, they explored a new support option which was available through the Division of Developmental Disabilities called Self-Directed Support. This option would give Brooke and her family the opportunity and control to hire people who could assist and support Brooke throughout the day. Having people to support Brooke would also allow her mom to continue working. With the assistance and coordination of regional office staff and Brooke's support coordinator, Brooke received approval to participate in the Self-Directed Support option.

Brooke now happily spends her days with energetic and supportive staff who assist and guide her in actively exploring her community, shopping and making purchases of her choice, exercising, working on independent living skills, and exploring new interests, such as taking pottery classes from a local artisan. The valuable supports and services Brooke and her family receive through the Regional Office of the Division of Developmental Disabilities have been a tremendous benefit to them all. Without the assistance, Brooke and her family would have faced a much different outcome. Brooke's family stands as clear evidence that helping families support their loved one is a win-win for everyone.



What Does Family Support Mean to Parents?

"It is incredibly comforting to me that I am able to work with a support system that shares common goals and expectations for my son. The information and guidance we receive ensures that my husband and I do not become overwhelmed, and I believe my son's quality of life is enriched from the variety of perspectives a team brings to the table."

-Alicia L. Curran

"As for me and my house, we are doing our very best to get our 14-year-old son ready for being an adult. Even though that road has been and will continue to be filled with lots of hard work, we are invested in realizing a future for him in which he is a contributor in our community and, to the greatest extent possible, capable of managing his life and making good choices. This journey is a collaborative journey, and those who journey with our son must, first and foremost, be collaborators, not controllers. Supporting families is about building rapport and then being willing to show some flexibility in adapting to the needs of the family, instead of requiring the families to adapt to the needs of the service system."

-Doug Riggs

Let's Have Some Fun in Southeast Missouri!

H.E.R.O. (HELPING EVERYONE REACH OPPORTUNITIES) PROGRAM

Thursday, February 13, 2014 marked a new beginning for many individuals in the bootheel of Missouri. It was on this date that the YMCA hosted its first event primarily focused on individuals with developmental disabilities. A Valentine's Day dance was hosted at the Clinton Building where many danced the night away. Others enjoyed watching their friends dance while eating and talking to friends.

"There was a need for recreational activities in our area. Just something for our folks to get together on a quarterly basis and have a great time," stated Lori Copeland, Family Support Coordinator at the Sikeston Regional Office. "We are currently putting the final touches on our next event, and we can hardly wait for the time to come. I saw so many smiles that night. I even saw parents in the back enjoying a dance to themselves while their son or daughter danced on the dance floor. It was great to see parents taking a break even if it was for just one dance and enjoying time together."

Many thanks go out to Jeff Partridge, Director of the YMCA of Southeast Missouri, for supporting this effort.

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty."

- Winston Churchill



Helping Families Think through Safety, Security, and a Good Life

Transition from school to adult life is a time when families worry about many things, including how their young adult family members will be safe and how they will be able to continue to support and assist them in their adult lives. One issue that some families struggle with is whether or not to file for guardianship when their son/daughter turns 18.

A resource guide and planning tool are available to help families determine decision making support needs for their family member with a developmental disability. These materials as well as an online workbook and webinar are available at: www.moguardianship.com.

To learn more and get help or information on Missouri guardianship options and alternatives, contact the Family Support Coordinator at your local Regional Office.

Federal Perspective

MISSOURI RANKS IN THE TOP TEN FOR BEST PERFORMING STATES ON DISABILITY SERVICES

Every year since 2006, United Cerebral Palsy (UCP), an international advocacy agency, educating and providing support services for children and adults with a spectrum of disabilities through an affiliate network, produces *The Case for Inclusion*, an annual ranking of how well state Medicaid programs serve Americans with intellectual and developmental disabilities (ID/DD) in all 50 states and the District of Columbia.

In the UCP 2014 report that was recently released, Arizona ranked number one for the third year in a row. Also rounding out the 10 best on this year's list are Michigan, Hawaii, Georgia, New York, South Carolina, Maine, Massachusetts, Ohio, and **Missouri**.

Missouri moved up 31 places by dramatically increasing the portion of resources dedicated to people in the community (from 59 percent to 85 percent), reducing by half the number of individuals isolated in large state institutions (500 individuals moved into the community), and by participating in and reporting outcomes from National Core Indicators (NCI).

As in past years, top-tier services were found in both big and small states, states with rich and poor demographics, and in jurisdictions with high and low taxes as well as with varying levels of per-person spending on disability services.

To view the complete UCP 2014 Report, click on:

<http://cfi2014.ucp.org/wp-content/uploads/2014/03/Case-for-Inclusion-2014.pdf>





Missouri DDD as a Model

MISSOURI IS LEADER IN NATIONAL COMMUNITY OF PRACTICE ON SUPPORTING FAMILIES

In 2011, a group of national and state leaders in the disability field provided guidance for federal and state policies to shift to focus on families. In response to recommendations, the Administration on Developmental Disabilities funded the National Community of Practice for Supporting Families of Individuals with Intellectual and Developmental Disabilities, led by the National Association of State Directors of Developmental Disabilities Services (NASDDDS), UMKC Institute for Human Development, and other national partners.

The goal of this initiative is to develop innovative practices and policies that support families and ultimately lead to a better life for the individual with a disability and the family as a whole. Participants from six jurisdictions (Missouri, Connecticut, District of Columbia, Tennessee, Oklahoma, and Washington) will share information they learned which will serve as the foundation for services and supports for families and individuals with disabilities. To learn more about the Supporting Families National Community of Practice visit the website at <http://supportstofamilies.org/cop/>.

The Missouri Community of Practice Team continues to identify new partners and organizations that want to get involved. The Division of Developmental Disabilities, the Developmental Disability Council, and the UMKC Institute for Human Development work with the F2F Life Course Network and its stakeholders to identify policies and practices that would better support families across the state. Several sub-groups are looking at different tools for families, professionals, and organizations. One of the groups is finalizing materials that will help families think about and plan for a future and will also assist service coordinators in developing annual plans. To find out more about what Missouri is doing or to get involved in this exciting work, please contact Lisa Nothaus at lisa.nothaus@dmh.mo.gov or go to <http://supportstofamilies.org/cop/states/missouri/>.

Calendar of Events

June 3, 2014 – 2014 Mental Health Champions Banquet, Capital Plaza Hotel, 415 W. McCarty Street, Jefferson City
For more information about the banquet, contact the Missouri Mental Health Foundation at (573) 635-9201 or email MMHF@MissouriMHF.org

June 17 & 18, 2014 – DMH-DD *The Future is Now* Bi Annual Conference, Holiday Inn Executive Center, Columbia
To learn more about the featured presenters and view the agenda, visit:
http://missourimhf.org/images/982/document/dmh-dd-fin-making-the-connection-registration-brochure-v2_868.pdf

July 9 and 10, 2014 – 4th Annual Missouri Housing Summit, Lodge of the Four Seasons, Lake Ozark, MO
Event is hosted by the Department of Mental Health Housing Unit and the Missouri Housing Development Commission in conjunction with the Missouri Workforce Housing Association conference.
For more information about this event and how to register visit:
<http://dmh.mo.gov/housing/missourihousingsummit.htm>

August 1, 2014 – TASH Regional Conference, St. Louis, Missouri, University of Missouri-St. Louis
To view a complete schedule and register to attend, visit: <http://tash.org/eematters> .

August 17-19, 2014 – 2014 Real Voices, Real Choices Conferences, Tan-Tar-A Resort and Conference Center
This event is sponsored by the Missouri Mental Health Foundation (MMHF)
To learn more about this event, visit: <http://missourimhf.org/2014-real-voices-real-choices-conference.php>

How does my family support me?

"My family supports me in many ways. My parents drive me around when I need to go places. One of my personal attendants is my cousin and he helps me at home and in the community. When I have problems my family listens. My brother and I live together and we share household responsibilities." -Nate Gilliam



"My parents love me and support me in letting me choose what I want to do. They encourage me to do my best in anything I try. Some people don't think I can do the things I do, but my family has always supported me in whatever I wanted to try. They always see my abilities, not my disability." -Spencer Buttram



"My brother helps me with paying my bills and taking me shopping." -Mary Gupton



MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

Division of Developmental Disabilities

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<http://dmh.mo.gov/dd/>



Fostering Self-determination



Supporting Families



Facilitating Individualized
Services and Supports



Developing Accessible Housing



Promoting Employment First

www.dmh.mo.gov/dd

MISSOURI DEPARTMENT OF MENTAL HEALTH