

# Direct Connection



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### CONNECTING WITH THE DIVISION OF DEVELOPMENTAL DISABILITIES

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Mental Health

Division of Developmental  
Disabilities

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## Implementing an Information Specialist System

The Division of Developmental Disabilities and the agencies providing support coordination worked in partnership to lay out details regarding how case management will serve individuals who are Medicaid eligible and the supports offered to individuals who are not Medicaid eligible. As a part of that effort, an Information Specialist (IS) system was adopted to assist those individuals who meet the following criteria; the individual:

- is currently not eligible for Medicaid;
- is not engaged in a service funded through the Division; and
- lives in a county where the Division was providing support coordination, or in a county where the contracted targeted case management (TCM) agency had decided to discontinue support coordination for those not in Medicaid or a funded service

The primary focus of the Information Specialist system is to help individuals get into a position where they could benefit from more traditional case management. This is accomplished through targeting information to individuals to encourage participation in Medicaid, one of the Autism Projects, or the Missouri Children's Developmental Disabilities (MOCDD) Waiver.

Because there are few Information Specialist positions in the Division, each IS team member has statewide responsibilities as opposed to working only with those individuals in the region where the IS is housed. This is not traditional, individual-based case management, but rather is an attempt to provide a more group-based service that would lead to traditional, individual-based case management.

Contact information for the Information Specialist staff:  
E-mail: [information.specialist@dmh.mo.gov](mailto:information.specialist@dmh.mo.gov)  
Phone: 1-800-241-2741



## Planning for a Good Life

Missouri Family-to-Family at the University of Missouri, Kansas City's Institute for Human Development (UMKC-IHD) and the Division of Developmental Disabilities have collaborated to develop a series of training modules to be used by self-advocates and family members to help them plan for a Good Life. Curriculum that uses the Charting the LifeCourse Principles and Framework was created to help self-advocates and family members develop a vision for the life they desire and then identify a plan to help them map out supports they may need along the way to reach their goals.

Three modules are currently available under "Planning for a Good Life" and include courses that focus on a Family Perspective, Self-Advocates and Planning, and Self-Directed Supports. The courses consist of overviews, guided video/audio presentations, examples, and downloadable tools users can access for their own planning. These modules allow users to obtain the information and work through the materials at their own pace allowing individuals to plan independently, in small groups, or alongside their families.

To view and access the training modules and explore additional resources, please visit: <https://www.lifecoursetools.com/charting-the-lifecourse-ddd-modules/>

## Self-Care for the Caregiver

Being a parent or family caregiver can be rewarding and challenging, and at times, it can become very stressful. Stress can take a toll and eventually begin to affect the caregiver and even compromise his/her own personal health and ability to provide adequate care and support. A few focus areas of well-being for caregivers include getting quality sleep and time to relax, eating nutritious meals, exercising, taking breaks, finding a support network, accepting help from others, and tending to personal health needs as they arise.

More information about caregiver wellness support is available at: <https://www.eparent.com> and <https://www.caregiver.org>

*Develop an attitude of gratitude, and give thanks of everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.*

Brian Tracy

## Preparing for College?

Think College National Coordinating Center through the Institute for Community Inclusion at University of Massachusetts (UMass) Boston helps parent and family members of young adults with disabilities contemplating or preparing for post-secondary education. Think College provides information about college options, changing roles of parents/students, finding and choosing the right college, preparing to attend college, providing the necessary documentation, funding options, and family rights.

On the Think College website, families can access information through a resource library, watch related videos, link to additional pertinent resources, join a Think College facebook group, find programs in Missouri or other states, or e-mail staff to discuss any questions that may arise when thinking about or planning for college.

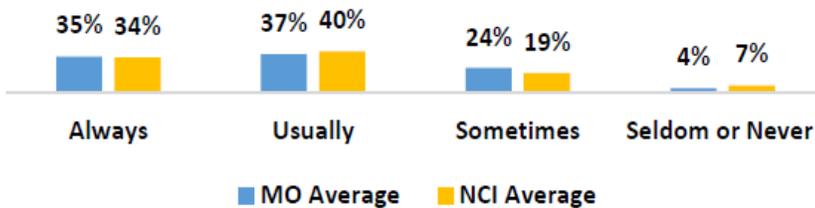
More information is available at: <https://thinkcollege.net/>





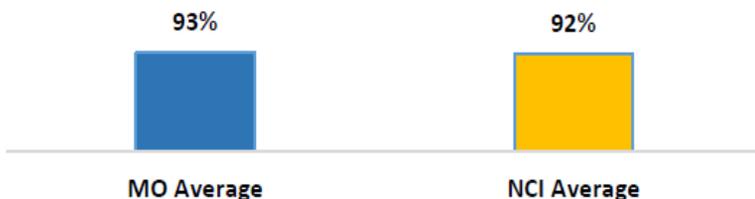
# Data from the National Core Indicators (NCI)

**Do you get enough information to help you participate in planning services for your family?**



Source: 2016-2017 National Core Indicators (NCI) Child Family Survey, a questionnaire mailed to the family of children (younger than age 18) who receive services from the Division of Developmental Disabilities and live in the family home. The graph above shows the percentage of respondents/family members in Missouri who feel that they get enough information to participate in planning services for their family as compared to the NCI (nationwide) average for this measure. Full survey results are available at: <https://www.nationalcoreindicators.org/resources/reports/>

**Do you feel that services and supports have made a positive difference in the life of your family? ("Yes" responses only)**



Source: 2016-2017 National Core Indicators (NCI) Adult Family Survey, a questionnaire mailed to the family of adults (age 18+) who receive services from the Division of Developmental Disabilities and live in the family home. The graph above shows the percentage of respondents/family members in Missouri who feel that services and supports have made a positive difference in the life of their family as compared to the NCI (nationwide) average for this measure. Full survey results are available at: <https://www.nationalcoreindicators.org/resources/reports/>

## Pulmonary Aspiration



Healthy Living

**OBSERVE! DECIDE! ACT!**

**ASPIRATION, ASPIRATION PNEUMONIA, AND CHOKING**

Pulmonary Aspiration is considered one of the leading conditions that is likely to result in death for individuals with Intellectual/Developmental Disabilities (IDD), according to Health Risk Screening, Inc. (Green-McGowan, n.d.).

Additionally, according to a health alert by the Massachusetts Department of Developmental Services, people with IDD are at a high risk of choking (Howe, 2013).

The Division has developed a guide on aspiration, aspiration pneumonia, and choking to assist with recognizing signs and symptoms, common risk factors, and prevention methods.

More information is available at: <https://dmh.mo.gov/dd/health/docs/aspiration.pdf>.





# St. Charles Housing Team Hosts Conference

The St. Charles County Housing Team hosted the second annual St. Charles County Housing Conference in Wentzville on May 18, 2018. The conference, sponsored by twenty organizations involved in the housing field, brought together advocates and stakeholders interested in affordable, universally-designed housing.

Dustin McKissen, Vice President of Marketing & Entrepreneurship for EDC Business and Community Partners, gave the keynote address focusing on the divide between income and affordable housing options for individuals who work in lower paying jobs. Mr. McKissen explained that low-income workers often face a difficult time finding safe, affordable housing in the community where they work. He also stated that 50% of hard-working Americans cannot afford the five basics of rent, food, transportation, child care, and cell phone.

Conference sessions provided information about opportunities for funding to create affordable housing; incorporating universal design in home construction; ensuring new construction meets requirements of the federal Fair Housing Act; and the St. Louis Carpenter's Joint Apprentice Program.



Dustin McKissen shares insights from his experience of growing up in a low-income family.

The conference was an outgrowth of the success of the St. Charles County Housing Team. About two years ago, Missouri Inclusive Housing Development Corporation (MoHousing) and Delta Center for Independent Living collaborated to form the St. Charles Housing Team. The housing team has grown to include many advocates interested in furthering the development of affordable, universally-designed housing in St. Charles County. The housing team meets the first Friday of every month at Delta Center. If you are interested in participating, please contact Vito Lucido at [vitoludico@dcil.org](mailto:vitoludico@dcil.org) or 636-926-8761, extension 246.

For more information about this conference or for information about developing a housing team in your community, please contact MoHousing at 855-444-5100.

# DD Conducts Family Focus Group Sessions

In April 2018, the Division of Developmental Disabilities (DD) hosted family focus group sessions with family members and individuals to collect valuable information about the supports and services people want, use, and need. Sessions were held in four different locations across the state with a morning and afternoon/evening session being held in each location. Location areas included St. Louis, Springfield, Columbia, and Kansas City. During the sessions, participants were encouraged to have open dialogue and asked to provide feedback around what is working or not working well with the services they currently use. Participants were also asked to provide suggestions on making improvements to the services they use as well as offer ideas on what supports or services might be developed.

Some of the themes identified and discussed during the focus group sessions included having access to needed information and resources, person-centered planning, residential and in-home services, long-term planning, services related to health, behavioral supports, targeted case management services, respite, autism services, self-directed services, non-DD funded community-based services, transportation needs, transition, employment services, and new service ideas.

Information gleaned from the families and individuals at the focus group sessions will be used by the Division of DD to enhance current services and inform the Division's initiatives, priorities, and program development. To hear Val Huhn, Director, Division of DD, talk more about the focus groups, you can tune into to her podcast on SoundCloud: [From the Director's Desk](#).



# Community Calendar

**October 12, 2018** – MIMH Midwest Autism Conference, Clayton, Missouri

More information is available on: <http://midwestautismconference.com/>

**October 25 - 26, 2018** – 13<sup>th</sup> Annual Thompson Center Autism Conference, Chesterfield, Missouri

More information is available on: <http://www.event.com/events/thompson-center-autism-conference-2018/event-summary-fcd7a17680c4869815d3b7c19fda6c4.aspx>

MISSOURI DIVISION OF  
DEVELOPMENTAL  
DISABILITIES



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

DIVISION OF  
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DISABILITIES

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**Fostering Self-determination**



**Supporting Families**



**Facilitating Individualized Services and Supports**



**Developing Accessible Housing**



**Promoting Employment First**

[www.dmh.mo.gov/dd/](http://www.dmh.mo.gov/dd/)

MISSOURI DEPARTMENT OF MENTAL HEALTH