

Direct Connection

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



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CONNECTING WITH THE
DIVISION OF
DEVELOPMENTAL
DISABILITIES

Missouri Department of
Mental Health

Division of Developmental
Disabilities

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What is Self Determination?

INDIVIDUALS ARE THE PRIMARY DECISION MAKER IN THEIR LIVES, PURSUE WHAT IS IMPORTANT TO THEM, AND HAVE A MEANINGFUL ROLE IN THE COMMUNITY.

Self-determination is based on five principles:

Freedom: Individuals will live a meaningful life in the community and make choices about their lives.

Authority: Individuals will have meaningful control over a set amount of dollars that can be used to build the supports they need by purchasing only what is needed and paying for what is received.

Support: Individuals will have support to organize resources in ways that are life enhancing and assist them in reaching their dreams and goals. Individuals have a circle of supports made up of family, friends, and both paid and unpaid supports.

Responsibility: Individuals assume responsibility for giving back to their community, for seeking employment, and for developing unique gifts and talents.

Confirmation: Individuals are recognized for who they are and what they can contribute. They have a leadership role in developing policies that affect their lives and help others reach success.

Although the terms self-determination and self-directed supports are often used interchangeably, they are actually two distinct concepts. Self-determination is the broader of the two concepts.

Self-Directed Supports (SDS) is an option for service delivery for individuals and families who wish to exercise more choice, control, and authority over their supports.

SDS is founded on the principles of **Self-Determination**. Under this option, the individual or their designated representative has employment and budget authority. This authority allows individuals and families to hire, train, and schedule their own employees, using an individualized budget. Currently there are over 2,000 people employed in this program.



Jessica

Jessica is one individual who has chosen to self-direct supports, and she loves to tell people about her path to self-determination. Her story was originally published on the Division's website back in October of 2009.

<http://dmh.mo.gov/docs/dd/JessStory.doc>

When asked about self-directed supports and self-determination, Jessica said,

"My staff helps me and respects me and they are nice and kind to me. I hire my own staff, and I train my own staff. I can tell them what I want to do and how to help me."

"People ask me what I want. I got a lot of choices. I have a cat named CoCo. I can go where I want and do whatever I want as long as I don't get myself in trouble."

"I live on my own, and I walk where I want and ride Kirk-Tran. I have a job at Truman, and I work at the hospital (as a volunteer). I love my cat."

Did You Know...

SELF DETERMINATION IS THE LAW

The Developmental Disabilities Assistance and Bill of Rights Act of 2000 (The DD Act) was created to assure that individuals with developmental disabilities and their families participate in the design of, and have access to, needed community services, individualized supports, and other forms of assistance that promote self-determination, independence, productivity, and integration and inclusion in all facets of community life, through culturally competent programs authorized under the law.

The DD Act ensures that an individual, with assistance:

- has the ability and opportunity to make choices and decisions;
- has the ability and opportunity to exercise control over services, supports, and other assistance;
- has the authority to control resources and obtain needed services;
- has the opportunity to participate in and contribute to his/her community;
- has the support, including financial, to advocate, develop leadership skills, become trained as a self-advocate, and participate in coalitions and policy-making.

Scaling up Self-Determination in Missouri

The primary goal of the National Gateway to Self-Determination [NGSD](#) was to scale up efforts that promote self-determination. The [NGSD](#) proposed a social-ecological approach to promote self-determination that emphasized the development of social effectiveness, social capital, and social inclusion. This approach suggests that interventions must go beyond traditional educational and training experiences that enhance personal capacity. Moving from academic principles to practice requires grassroots efforts.

In October of 2009 the partnership between the academically-based [NGSD](#) and the grassroots organization, Missouri Self-Determination Association ([MO-SDA](#)) began. [MO-SDA](#) is an association of like-minded individuals with and without disability who promote self-determination in the lives of people with intellectual and developmental disabilities. This partnership resulted in Project STIR (Steps Towards Independence and Responsibility); Success in 'Telling your Story' trainings; LifeBooks trainings; Participatory Action Research and the "Level of Input" Survey; and revision of the Support Coordination Manual section on self-determination. For detailed information about these and other activities, click on http://www.mo-sda.org/sites/mo-sda.org/files/scaling_up_self-determination.pdf





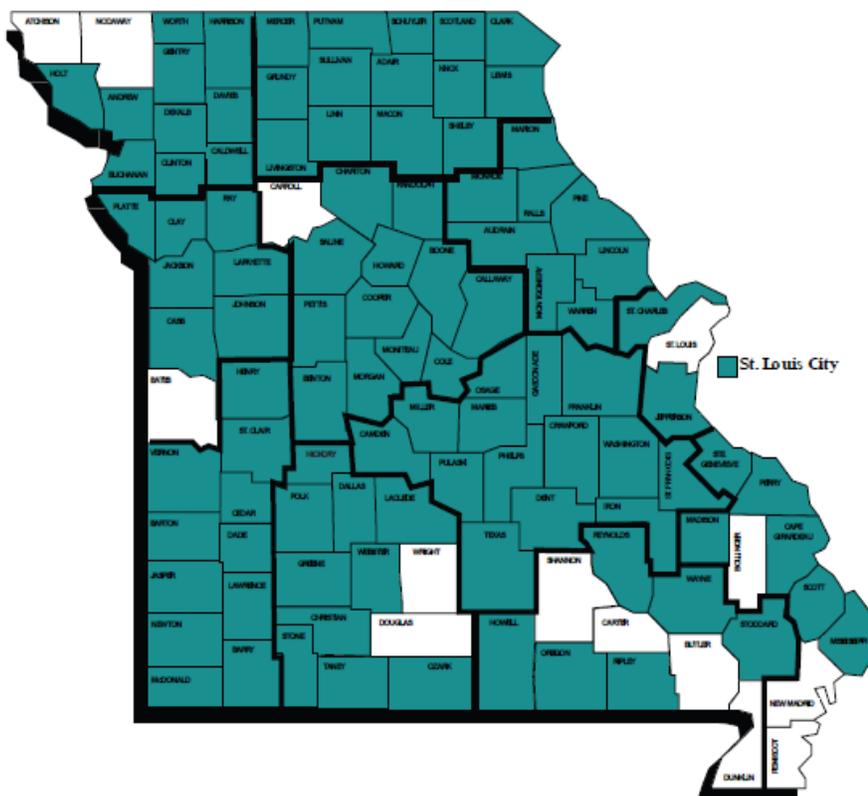
Chariton County Approved to Participate in Partnership for Hope Waiver

Partnership for Hope is now in its fourth year of operation, and over 2,900 individuals have been enrolled in this waiver. The Centers for Medicare and Medicaid Services approved an amendment in February adding Chariton County, bringing the number of participating counties to 101 plus the City of St. Louis.

Following are links to the latest Partnership for Hope report <http://dmh.mo.gov/docs/dd/PfH2013.pdf>, a video on YouTube http://youtu.be/gkUzVXTj_7g, and the most current map <http://dmh.mo.gov/docs/dd/pfhmap.pdf>.



Division of Developmental Disabilities Counties with Partnership for Hope Waiver



What does self -
determination
mean to you?

“To me self -
determination is
the ability to
work on
government
issues, such as
transportation.”

–Aaron Lewis

DD Health Initiative

For the past two years, EITAS (Developmental Disability Services of Jackson County) has partnered with the UMKC-IHD to coordinate the activities of the Developmental Disabilities Health Initiative (DDHI). With funding from the Health Care Foundation of Greater Kansas City, the DDHI has focused on promoting organizational policies and practices to improve nutrition and increase physical activity of people with developmental disabilities. To accomplish this goal, EITAS and UMKC-IHD have worked with 18 organizations throughout Jackson County to develop the DDHI Coalition. Coalition members include DD service providers, funders of services for individuals with DD, health providers, and consumers of services.

The DDHI Coalition meets quarterly to share information, receive training, and develop strategies about sustainable programs that promote the health and wellness of people with DD. One of the best outcomes from the DDHI has been the development of the *Policy and Practice Review Tool*. This tool supports the review of systems, policies, and practices within organizations that provide services and supports for people with DD and the development of work plans to change/add policies and practices.

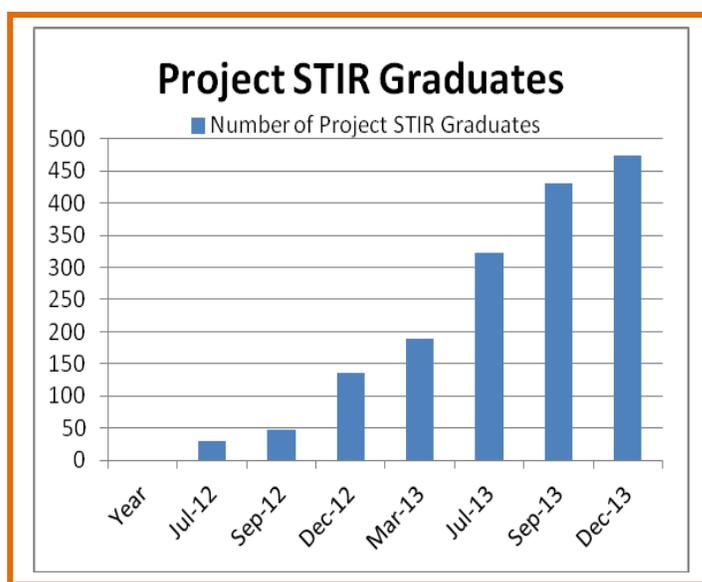
During the first year of the DDHI, five model sites used the *Policy and Practice Review Tool* and made changes/additions to their policies and practices that supported the healthy lifestyles of the people they supported. As a result, agency staff reported seeing changes at the organization offices – healthy food was offered at all functions (not just the usual donuts, soda, and pizza). Employees were encouraged to bring healthy food to potlucks. The number of people with disabilities and staff participating in exercise programs increased (as reported by staff) directly related to policy changes and job description changes for staff. New expectations or strong suggestions for staff to promote exercise and nutrition with the people they support occurred at all DD service agencies. In addition, agency management either requested or prohibited staff from bringing unhealthy food to work. To learn more about the DDHI or the *Policy and Practice Review Tool*, contact Amanda George at ageorge@eitas.org or George S. Gotto at gottog@umkc.edu.

Project Stir

Advocacy Specialists within the Division of Developmental Disabilities have been partnering to provide Project Stir educational opportunities to individuals in their communities. Project STIR stands for Steps Toward Independence and Responsibility. Project STIR trainings include: role playing & group activities, learning about rights and responsibilities, learning to communicate your needs to others effectively, learning how to solve problems as well as how to negotiate your wants & needs, learning to plan for major transitions in your life and planning for your future. These classes are designed to empower individuals with developmental disabilities to become leaders, to assist family and friends of individuals with developmental disabilities to support self-advocacy, and to help individuals make choices & decision about their own lives. Missouri is well on its way toward supporting individuals on how to become independent & responsible. So far there have been 473 individuals who have graduated from Project STIR statewide.

To learn more about Project STIR, click on: www.mo-sda.org

Contact your local regional office to learn about opportunities for participation: <http://dmh.mo.gov/dd/facilities/>





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 MMHF@MissouriMHF.org

June 17 & 18, 2014 – DMH-DD *The Future is Now* Bi Annual Conference, Holiday Inn Executive Center, Columbia
Registration opens in mid-April. For more information, click on <http://dmh.mo.gov/docs/dd/fin-save-the-date-2014-new.pdf>
Additional information about the conference will be provided in the May 2014 Edition of Direct Connection.

Federal Perspective

TASH

TASH is an international advocacy association of people with disabilities, their family members, other advocates, and people who work in the disability field. It has over 30 chapters and members in 34 countries and territories and is headquartered in Washington, D.C. The MO Chapter information can be found at: <http://tash.org/get-involved/find-a-local-chapter/missouri-tash/>

TASH advocates for human rights and inclusion for people with significant disabilities and support needs – those most vulnerable to segregation, abuse, neglect, and institutionalization. TASH works to advance inclusive communities through advocacy, research, professional development, policy, and information and resources for parents, families and self-advocates. The inclusive practices TASH validates through research have been shown to improve outcomes for all people.

Throughout the year, TASH offers a number of training opportunities on current topics impacting the disability community. Each training session features leading experts, research and analysis, compelling personal stories, and real world examples that participants can use to relate each session to their work or life.

For more information regarding best practice training opportunities see: <http://tash.org/conferences-events/>

Testing the Efficiency of the Self-Determined Career Development Model

The Self-Determined Career Development Model (SDCDM) is a process designed to help individuals self-direct decision making pertaining to career development. It is based on a three-phase discovery process in which a facilitator helps a person with a disability identify and set a career or employment goal, develop an action plan to achieve that goal, and self-monitor and self-evaluate progress toward the goal, revising the action plan or goal as needed. In each phase, facilitators support participants through the discovery process by answering four questions, each of which comprises the steps in the problem-solving process.

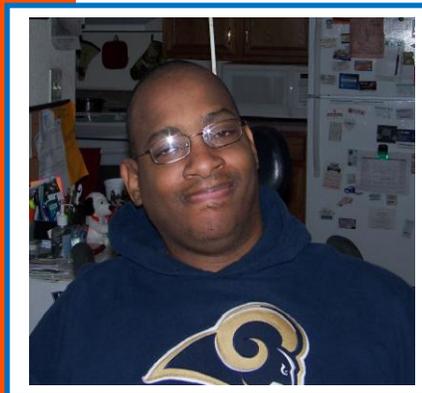
The UMKC-IHD is partnering with 26 organizations in Missouri and Kansas that provide employment supports to test the efficacy of the SDCDM to determine whether it impacts an individual's goal attainment, his/her self-determination, and autonomy. Employment support providers from the partnering organizations are serving as facilitators of the model and are helping collect the outcomes data. Currently 189 individuals with developmental disabilities are participating in the project. If you would like to learn more about the SDCDM or this project, contact George S. Gotto at gottog@umkc.edu.



“Self-Determination – What does it mean to me?”

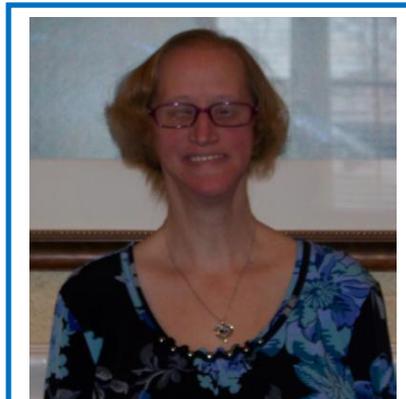
“It helps get me through life’s everyday situations and teaches me things.”

– Garrett Lawrence



“Self-Determination means a lot to me. It means you can get out and meet new friends and do what you want.”

– Connie Lawson



MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



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

Division of
Developmental
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/

MISSOURI DEPARTMENT OF MENTAL HEALTH