

Direct Connection

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



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New Peer Supports and Self-Determination Collaborative

The St. Louis area has a newly formed Peer Supports and Self-Determination Collaborative. Paraquad and the St. Louis Arc are partnering to bring together a diverse group of self-advocates, providers, and funders.

During the first meeting, held on January 30, 2015, the group heard about the innovations happening within People First of St. Louis, the Coalition for Truth in Independence, the Tuscher Institute of Paraquad, and the Social Justice Committee of the St. Louis Arc.

The group's next steps include:

- Sharing what was learned
- Providing more education on self-determination
- Getting more organizations involved in the collaborative
- Forming peer groups
- Connecting with existing neighborhood groups
- Asking people with disabilities what they want
- Inviting self-advocate leaders to participate

The next meeting will be **on April 24, 2015, from 9:30-11:00 a.m.** at the St. Louis Arc located at 1177 N Warson in St. Louis. Please RSVP to Stephanie Scott at 314-817-2274 or email: sdscott@slarc.org.

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**CONNECTING WITH THE
DIVISION OF
DEVELOPMENTAL
DISABILITIES**

Missouri Department of Mental
Health

Division of Developmental
Disabilities

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Jefferson City, MO 65102

Phone number:
573-751-4054

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573-751-9207



Sara Shisler Speaks Out about What Self-Determination Means to Her

- I have my own say.
- I do my own talking for myself.
- I take up for my own self.
- I make choices in everything - where I live.
- If I want to go to church I go; it's my responsibility.
- Getting what I need and getting things done for myself
- Helping other people out
- Setting goals & achieving them
- Volunteering
- Watching out for myself
- Having role models in my life that build me up, not knock me down
- Having my own place

Self-Determination Committee at Pike County Agency for Developmental Disabilities Making an Impact

The Self-Determination Committee at the Pike County Agency for Developmental Disabilities (PCADD) has been active for over a year, meeting on a quarterly basis.

Originally the committee consisted of David Griffith, Administrative Director at PCADD, and PCADD's Program Supervisors, but later, a direct care worker and a consumer were added to help set goals to improve the ability of the individuals served to self-determine the services they receive. The PCADD wanted to improve the self-advocacy of the individuals served and provide a better environment for self-advocacy within the service delivery system.

Making a commitment to the committee and setting goals were necessary to sustain this effort so that it became a day-to-day focus. One of the committee's goals was to provide training on self-advocacy to individuals. Another goal was to provide two Project STIR (Steps Toward Independence and Responsibility) training sessions a year; the PCADD now has two staff who are trained to do the training.

The PCADD has helped to reestablish a People First Chapter in Pike County. Also, the PCADD has provided some basic self-determination training to all staff, and the Program Supervisors are making sure this is an ongoing discussion in staff meetings.

The PCADD has added at least one self-determination goal for each program to its Commission on Accreditation of Rehabilitation Facilities (CARF) outcome system. Additionally, the PCADD has made a commitment to make changes to staff evaluations that will help staff understand expectations around self-determination.

According to David Griffith, "I cannot think of a downside to having staff talk about how we can support the individuals we serve to become more self-determined on a day to day basis. I can say this has truly made a difference."

"Whoever is happy will make others happy too." Anne Frank





What Self-Determination Means to Me

IMPROVEMENTS DRIVEN BY CUSTOMERS AND PROFESSIONALS

Learning Opportunities/Quality Works, Inc.'s (LOQW) philosophy is centered on the belief that all individuals have the right to lead self-fulfilling and meaningful lives. LOQW recognizes the importance of self-determination and always focusing on the person first.

LOQW put together a small but diverse workgroup of energetic and creative professionals and customers to focus on ways to enhance this philosophy within the organization and throughout the varied communities of its 14 county region in Northwest Missouri. Group members were asked to think about, "What does self-determination mean to me?"

This group, known as the Self-Determination Committee, is charged with making recommendations to LOQW's Executive Committee and Board of Directors that promote, guide, and enhance this philosophy. The Committee is involved in a variety of activities such as:

- Reviewing all consumer services, policies, and procedures to determine if they are person-centered and reflect the self-determination philosophy
- Reviewing handbooks for self-determination philosophy and identifying opportunities for improvement
- Reviewing implementation of the newly developed annual assessment using the Charting the Life Course model
- Consulting on training issues and assisting with delivering training as appropriate
- Reviewing activities for excellence and providing feedback
- Submitting articles that promote self-determination for use in agency newsletter and on social media
- Scheduling and overseeing broader implementation of Project STIR curriculum in partnership with local People First Chapters

Committee members are charged with becoming leaders in promoting self-determination in their own office locations, places of employment, and local communities.

Angie Lake is a veteran Community Support Coach with LOQW. "As a direct support professional, we need the skills and resources to empower individuals to learn, make informed and meaningful choices, and express preferences in their daily lives," says Lake. "We need to support individuals to live *their* purposeful lives that include setting *their* own goals and accepting *their* responsibility for working to reach those goals."

"It's important for you to hear what I have to say," says one Hannibal resident who is a client of LOQW and a member of the Self-Determination Committee. When talking with the Committee about whether or not she feels in control of her own life and about the importance of advancing the self-determination movement she said, "Yes, I am a self-directed person. I know what I like. I make my own choices. I do what I want to do. I speak for myself."

My Life, My Way

LOLA'S STORY

Lola was tired of being told when she could go somewhere and where she could go. She wanted to make her own decisions and take control of her life. After talking with her Support Coordinator, Lola and her sister decided to try self-directed services in 2011. They both feel that it was the best decision for Lola. Lola's sister states, "For the first time in nine years, my sister has been so happy and has accomplished so many of her goals."

Lola's employees take her to the activities she enjoys. Lola has been able to visit Ha Ha Tonka State Park, go shopping in Branson, go fishing at Stockton Lake, and attend other community events. Lola's sense of independence has greatly increased since being able to make decisions about her daily activities.



Lola also has a desire to give back to her community. She has a passion for speaking to young children about people with disabilities. She wants to help them feel more comfortable around people with disabilities. When she speaks to groups of children, she allows them to ask any questions they may have so they can gain a better understanding.

Lola is also involved with the League of Mercy and the Salvation Army. She visits local nursing homes on a weekly basis. She enjoys volunteering as a bell ringer each Christmas season for the Salvation Army.

Lola is in the process of writing a book. She would like to see it published one day. She also wants to continue with her public speaking engagements for young children. Lola doesn't plan to sit back and relax anytime soon. She wants to enjoy each day and live life to its fullest.



"Keep your face to the sunshine and you cannot see the shadow." Helen Keller



Community Calendar

March 18, 2015 – Missouri AAIDD Annual Conference, Columbia, MO

To view conference brochure, click on:

<http://moaaid.org/Files/AAIDD%20MH%20and%20DD%20March%202015.pdf>

April 13-14, 2015 – Power Up Assistive Technology (AT) Conference and Expo 2015, Holiday Inn Executive Center, Columbia, MO

For more information, click on:

<http://at.mo.gov/power-up-conference/ConferenceGeneralInformation.html>

April 14, 2015 – Missouri AAIDD Annual Conference, St. Louis, MO

To view conference brochure, click on:

<http://moaaid.org/Files/AAIDD%20MH%20and%20DD%20April%202015.pdf>

April 24-26, 2015 – People First of Missouri Conference 2015, Tan-Tar-A Resort and Conference Center, Osage Beach, Missouri

For more information, click on:

<http://missouripeoplefirst.org/?catid=391>

April 30, 2015 – Tiered Supports Networking Summit, 10:00 a.m. – 3:00 p.m., Capital Plaza Hotel, Jefferson City, Missouri -

Registration is now open: <http://dmh.mo.gov/dd/tieredsupports.html>

For more information about the summit, call 573-751-4054.

June 9, 2015 – Mental Health Champions' Banquet, Jefferson City, Missouri

For more information, click on:

http://www.missourimhf.org/?page_id=353

August 16-18, 2015 – Save the dates for the 2015 Real Voices Real Choices Conference, Tan-Tar-A Resort and Conference Center, Osage Beach, Missouri

For more information, click on:

<http://dmh.mo.gov/docs/consumersafety/faq.pdf>



Wendy Sisk Shares Thoughts About Self-Determination

“I do stuff for myself and on my own. I take stuff out of my bag, count out the items, wipe the table off, put dishes in the sink, and throw stuff away.”

Project STIR- What has it taught me?

- It taught me how to speak up for myself.
- It taught me how to solve problems.
- It taught me how to ask if I don't know how to do something.

How does my family support me?

- They help me do things.
- They come for visits.
- I tell my mom about doctor's appointments.
- I am involved with birthday parties.
- They help me get transferred.

Free webinar sponsored by Innovations in Supporting Families Community of Practice Framework for Systems Change

**MARCH 26, 2015
1:00 p.m. CST**

This webinar is for stakeholders interested in enhancing the systems and policies that impact individuals with intellectual & developmental disabilities and their families, including:

- self-advocates and family leaders;
- leaders of community organizations and disability services; and
- state and federal policymakers

Log in at: <https://nasddd.adobeconnect.com/familynetworks/>
Call: (888) 407-5039

For more information about this webinar and other webinars in the series, visit:
<http://supportstofamilies.org/cop/>

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

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Fostering Self-determination



Supporting Families



Facilitating Individualized Services and Supports



Developing Accessible Housing



Promoting Employment First

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MISSOURI DEPARTMENT OF MENTAL HEALTH