



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

**MO DDD & You:  
Missouri Family-to-Family  
Connections**

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD  
Bekka Matthews, Information & Referral Specialist, MO F2F-UMKC



December 20, 2022  
12:30pm-1:00pm



# Webinar Agenda



- Introductions
- Overview of Missouri Family-to-Family (MOF2F)
- Five Pillars of MOF2F
- Ongoing MOF2F Activities
- Connecting to MOF2F
- Connecting to Others Through Good Life Groups

# Introductions



**Lisa Nothaus**  
Supporting Families Lead  
MO Division of DD



**Bekka Matthews**  
Information & Referral Specialist  
MO Family-to-Family - UMKC

# About Missouri Family to Family (F2F)

Established as the *Missouri Developmental Disability Resource Center* over 30 years ago, MOF2F and continues to exist as a partnership between the Missouri Developmental Disabilities Council, the UMKC Institute for Human Development (UCEDD), and the DMH Division of Developmental Disabilities in disseminating evidence-based information, peer support and opportunities for leadership. We are now a part of a more comprehensive effort now known as the Missouri Family to Family Resource Center.

The Missouri Family to Family Resource Center is funded by Missouri DMH Division of Developmental Disability and grants from the Department of Health and Human Services, Washington, D.C. 20201 (grant #H84MC09484-HRSA Family to Family Health Information Centers, grant #90LT0002-Missouri Developmental Disability Council and grant #90DD0002-Missouri's UCEDD). Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official positions UMKC, any partners or funding sources.



# Info & Referral / Navigation

**Families can contact us directly**

Website: <https://www.tfaforms.com/4990237>

Email: [MoFamilytoFamily@umkc.edu](mailto:MoFamilytoFamily@umkc.edu)

Social media: <https://www.facebook.com/mofamily2family>

Phone: 1-800-444-0821

**Professionals can refer to us;** use our Affiliate Referral Form or through the website or direct email [MOFamilytoFamily@UMKC.edu](mailto:MOFamilytoFamily@UMKC.edu)

**Follow up call from us;** 24-48 hours/2 business days

**Eligibility –ANYONE** – a family member, individuals with disabilities, parents, caregivers, teachers, service providers, etc


**No barriers to access;** financial, relational, geographic (we are statewide), systems access, diagnosis.

# The 5 Pillars of Missouri Family to Family



**Information and Referral**

- Directly matching real needs with available services
- Direct Information
- Immediate help
- Meets a “minor” crisis/need
- Speak with trained empathetic peer
- Can be “one and done” or repeated contact



**Navigation**

- Emotional support from someone with a lived experience
- System navigation
- Assist to prioritize, problem solve & encourage next steps.
- Navigating barriers to services/resources for requestor



**Family Leadership Development**

- Empowers individuals to tell their story and give back to the ID/DD community
- Brings authenticity, integrity and uniqueness
- Added value
- Presents different viewpoints, skills, competencies
- Provide diversity, more inclusive perspective



**Peer to Peer Match**

- Connect on a “like” journey with a peer based on a “match”
- Listen to concerns, frustrations, and fears
- Advice and problem solving
- Help family build their strengths
- Build Natural supports



**Education and Communication**

- GLG – short time commitment/rich learning
- Specific topics for planning for family member
- Share learned experiences
- Gazette – relevant, informative, consistent, professional
- Website – educational tools
- Informative
- Linkage – current events, providers
- LEAP
- Quillo
- LCC

requestor (family member, professional, etc.)

# MoF2F Vision

## Ongoing MoF2F Activities

### Meet the needs of Self-Advocates and Families in Missouri

- Enhance the MoF2F I&R, Navigation and Peer Mentor Matching with CtLC framework and tools

### MoF2F Leadership Network

- Expand the number of leaders across the state that represent different diversity, regions, disability, ages, etc.
- Connect Peer Mentors with the person and/or families in transition stages of life
- Offer continuous learning and leadership training to members
- Link leaders to state and local advisory groups and stakeholder committees to enhance person and family voice

### MoF2F Outreach:

- Continue to build a robust communication and information dissemination network through advanced technology
- Increase dissemination of the Good Life Gazette and social media channels
- Continue to grow membership of MoF2F/CtLC Stakeholders meetings

# What will it be like when you call?

## My Vision for My Family Member's Good Life

- I want to be able to live independently someday
- I might want to learn how to drive a car or how to use public transportation
- I might want to consider going to college or a tech school to learn some computer skills to use for a new job
- To feel safe in the community without having my parents or siblings with me
- Learn how to be around people without my social anxiety getting in the way
- More friends
- Move up in responsibilities at work - not be stuck
- Have someone who can help me with things that I have hired

## What I Don't Want

- I don't want to always have to depend on my family for rides to work or to things I want to do
- No choice about where I will live/group home
- Loneliness
- Boredom - leading to sitting and not participating in healthy activities
- My seizures to get bad again.



### LIFE TRAJECTORY | FAMILY PERSPECTIVE

#### Past Life Experiences

List past life experiences and events that have prepared or supported my family member to move towards a vision for a good life.

- Maintained gainful employment for 5 years
- Participating in church classes and small group
- High School Education - adapted
- Responsibilities at home to care for self and dog
- Responsible for some household chores
- Enjoys family vacations and trying new things/experiences

#### Moving Forward

List current or future life experiences or goals that will continue to support my family member to move towards a vision for a good life.

- Make sure those working with him understand he needs time for transitions.
- Small groups are more comfortable for him (3-4) not large groups
- Lists help him stay organized
- Increase responsibilities to build independent skills - budget, shopping, cooking, laundry, cleaning, etc.

#### My Vision for My Family Member's Good Life

I want to be able to live independently someday

- I might want to learn how to drive a car or how to use public transportation
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- Move up in responsibilities at work - not be stuck
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#### Past Life Experiences

List past life experiences that pushed my family member's trajectory toward things they did not want or did not want for them

- People thinking he could not do certain things without asking him or allowing him the opportunity to try new things because of his OI
- Not having adequate warning for transitions
- Being "forced" to attend large group events - triggered his social anxiety

#### Moving Forward

List barriers or things to avoid that might get in the way of my family member taking steps to reach their goals

- Being "protected" too much in an effort to prevent him from being "hurt"
- Always having family "take care" of him, and not relying on others outside of the family - being over protective

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I don't want to always have to depend on my family for rides to work or to things I want to do

- No choice about where I will live/group home
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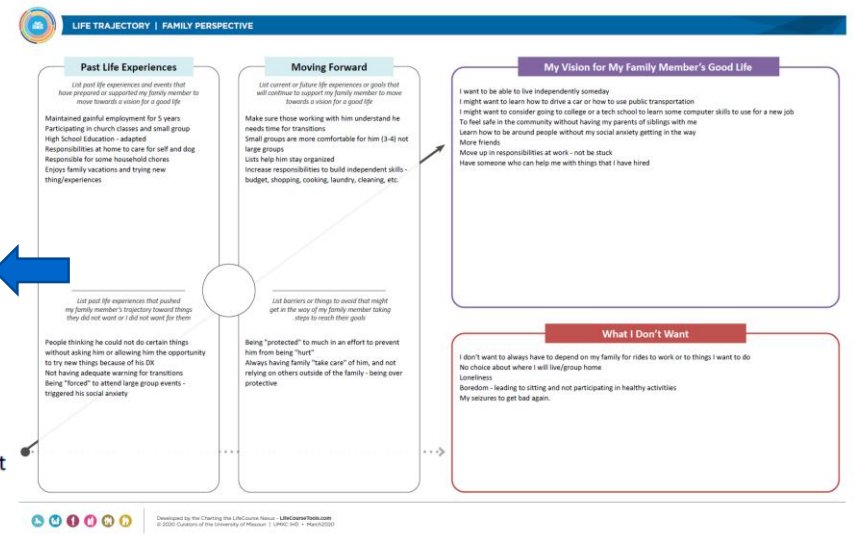
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# Connect with Us

## We are Here for You

- Contact Family Navigators for information, referral or LifeCourse Navigation on topics across the lifespan to meet your needs in a crisis, when moving, when needing resources, when you receive a new diagnosis, etc,
- Become a Self-Advocate or Family Leader in the Leadership Network
- Connect with a trained Peer Mentor for advice and emotional support
- Get Signed up for e-newsletter Good Life Gazette
- Attend monthly virtual Good Life Group

# Good Life Groups



## Good Life Groups

**Held monthly for families, by families**

Blast Off with LifeCourse (ages 13 and under) - First Wednesdays from 1-2pm

Launch into LifeCourse (ages 14-26) - First Fridays from 12:30-1:30pm

Planning Forward with LifeCourse (ages 27+) - First Mondays from 10:30-11:30am

Adult Sibling-Centered Good Life Group - Third Tuesdays from 12-1pm

**individuals, families, and supporters welcome**

# Questions?



# Next MO DDD & You Webinar



Mark your calendar now!

The next “MO DDD & You” webinar is  
scheduled for

**January 24, 2023**

**12:30pm-1:00pm**



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**Thank You**