

First Steps Serves Our Youngest

Northland Early Education Center works closely with Missouri's First Steps program to offer coordinated services and assistance to young children with special needs and their families.

First Steps is designed for children, birth to age three, who have delayed development or diagnosed conditions that are associated with developmental disabilities. The goal of First Steps is to ensure all families have the necessary resources that they need to raise healthy, happy and successful children.

As First Steps has evolved, it has undergone many changes. The latest is a redesign in the early intervention program. The new method is called a trans-disciplinary approach, which is implemented through an Early Intervention Team (EIT). It stresses that effective services for children are designed around and

promote family strengths.

The EIT model creates a specialized team of professionals placing the family in the lead and allowing the family to meet *(please continue on page 2)*



Ashly and Ryan in the First Steps Program at NEEC.

Learn to Advocate

(The following article is from Immacolata Manor)

Advocacy on behalf of individuals with intellectual/developmental disabilities (I/DD) has always been important. Thanks to many years of hard work by advocates, families, and communities, the realities for people with developmental disabilities have positively evolved in recent decades, including the creation of a more positive perception of people with disabilities.

Now that the Missouri general elections are over, do you know who your district representative is? Does he or she have a

(please continue on page 9)

First Steps a Big Step at NEEC

(continued from Page 1)

with one primary provider for all their child's needs. This new team approach is only being implemented with selected new families and will not be fully implemented until 2013. Existing children in Missouri's First Steps program will continue to receive their current services.

A limited group of new children accepted in Missouri's First Steps program are assigned a service coordinator who spends time getting to know the family's daily activities, hopes and priorities for their child as well as coordinates evaluations,

assessments, services and meetings. Based upon the primary concerns of the child's development, a primary provider (Physical Therapist, Occupational Therapist, Speech/Language Pathologist or Special Instructor) is assigned to the child in order to lead and provide the needed therapy services.

Each primary provider works directly with a team of experts who supports the primary provider in ensuring each child is receiving the essential education and therapy services he or she requires. Each family participates as an essential member of an Individualized Family Service Plan team that consists of the child's family, their service coordinator, the primary provider, and any supporting providers that are assigned to the child.

The Individualized Family Service Plan (IFSP) team creates an Individualized Family Service Plan (IFSP) specifically addressing the concerns and priorities of the family. Together the Early Intervention Team (EIS) and the IFSP team work as one cohesive team of specialists ensuring each child is making progress toward his or her educational and therapy goals, while developing new goals as necessary.

Many families in our region are already seeing the advantages and benefits of this new program. By designing this program around each family's strengths and values, families are building strong relationships and are working side by side with their primary provider to create an IFSP where learning opportunities, coaching and consulting take place naturally where families and children live, learn and play.

For more information regarding Missouri's First Steps Early Intervention Team (EIT) Model you can visit the Missouri First Steps website at www.dese.mo.gov/divspeced/FirstSteps or via phone at (573) 522-8762.

Pathways

Pathways is published quarterly for Clay and Platte County residents with developmental disabilities, their families and other interested persons. Funding is provided by participating agencies which include the Arc of Clay and Platte counties, CEADD, Concerned Care, Inc., Immacolata Manor, Northland Early Childhood Education Center, Platte County Board of Services, People First, Triality and Vocational Services, Inc. Contributing occasional articles will be Down Syndrome Guild, EFECT, Tri-County Mental Health Services, the Maple Valley State School and MCDD.

Editorial contributions are welcome. Content is intended to be positive and informational. Material may be edited and will be printed as space allows.

If you wish to receive Pathways and do not, contact Betsy Keleher at 604-3043. We also appreciate help eliminating duplicate issues at a single address or unwanted issues.

Inside Pathways

Arc	3
CEADD	4
Concerned Care	5
PCBS	6
Triality	7
VSI	8
Calendar	10
State Planning Council	10
Tri-County	11

Missouri Expands Aid by \$8.2 Million

People in Missouri with developmental disabilities saw an important step take place in October regarding greater access to state aid. "It's a great win, but it's nowhere near the numbers that we need to have taken off the list," said Angela Gourley, executive director of Arc of Missouri.

Nearly 5,000 Missouri families have individuals with developmental disabilities on a waiting list for state-funded services. The state took a small but significant step toward addressing that unmet need on Oct. 7 with an \$8.2 million program expansion that will rescue about 470 families from waiting-list limbo in coming weeks.

According to an article that appeared in the *Kansas City Star* on October 1st, there are about 5,000 Missouri families with individuals having developmental disabilities that are on a waiting list for state-funded services, such as ramps, day programs, dental services and personal care attendants. The number includes about 1,200 in the Kansas City area.

Jenny Weitzel, 20, of Gladstone, saw her hours cut at work this week because she cannot access the restroom by herself. She has cerebral palsy and needs a personal care attendant — as she had in high school — to assist her. But now she's in the grown-up world. If she can't access the restroom by herself, she was told, she has to go home early each day.

The Weitzel family's challenges are not unique. Gourley said, "Here we have someone who wants to be a productive member of society, but instead she's having her hours reduced because we're not giving her the help she needs."

In Jackson County, only 90 families of the 800 on the waiting list will be helped. "But this is a start and we can build from this," said Jake Jacobs, executive director of the Jackson County Board of Services.

Arc

Services for the developmentally disabled are funded primarily through Medicaid, a federal health care program. They also include speech and physical therapies, vocational training and respite time for family caregivers.

Such services are crucial because they allow developmentally disabled individuals to remain at home in their communities, rather than forcing them into expensive and isolated nursing homes or habilitation centers, Gourley said.

They also preserve family stability and well-being in what can be extremely stressful situations. But for years, in-home assistance has been out of reach for thousands. State resources have been lacking, and the policy for allocating care has prioritized those with needs at crisis levels. As a result, many languish on the waiting list for years and receive services only when their own situation deteriorates into a crisis.

But the program expansion that Gov. Jay Nixon announced will help. It's a new service package, available through Medicaid, that will focus specifically on preventative services.

Arc Picnic 2010

This year's Arc picnic was held September 7th for the intellectually and developmentally challenged, and the staff and volunteers serving them in Clay and Platte Counties. Everyone enjoyed the great weather and there was the largest turnout ever.

The Sprenger family, once again, provided the GrillMaster skills cooking over 700 burgers and hot dogs and music was provided by "Best of Friends." For years the band has donated their time playing

(please continue on page 4)

College Experience Includes Wide Range

Some people received an empty registration envelope for the fall College Experience for Adults with Developmental Disabilities classes. CEADD Director Betsy Keleher expressed her apology for this, and reminded that parents and consumers can always call her office, 816-604-3043, to have another sent to you.

A few students did this and enjoyed the fall semester.

Classes included computer games, craft

CEADD

projects, vacations, holidays, books, science experiments, celebrities, supernatural, music, and dealing with your abilities and other people.

CEADD ended this fall with an hour of storytelling entertainment and a T-shirt give away in the Campus Center.

Spring Semester dates are Jan. 29 through March 5, so look for your registrations the first week of January. Call Betsy if there is a problem. CEADD is always open to your ideas, so tell them what classes you would like to see us offer!



Arc Picnic a Success

(continued from Page 3)
for the Arc at both the Summer Camp and the annual picnic. The band presented copies of a CD that had been produced specifically for the event.

Once more there was the very popular drawing for prizes and all of the consumers were able to go home with a prize. Special thanks went to everyone who helped!

A Magical, Mystical Evening

More than 150 people attended Concerned Care's annual auction/dinner event on Oct. 1 at the Embassy Suites Hotel, KCI.

Honorary chairs were former director Karl Morris and his wife, Kathleen. The Julie Turner Quartet provided entertainment and Shane Maxwell was the auctioneer. Underwriting sponsors were the Robert E. Miller Group and Tradebot.

A highlight of the evening was the presentation of the Karl Morris Legacy Award to Glynda Jacobson, longtime supporter of the agency and former board member of the DDRB.

Consumer Robert Glyn Blanks was honored with the Star Achievement



Glynda Jacobson was presented the Karl Morris Legacy Award from retired director, Karl Morris.



Ron Boney, past president of the board and Robert Blanks share the limelight.

Concerned Care

Award. Known as the "face" of Concerned Care, Robert has worked as the front desk receptionist for 17 years.

Former CCI Board member Ron Boney was recognized for his years of service on both the Concerned Care Board and the DDRB Board.

The 2010 Partnership Award was given to North Kansas City Hospital for their ongoing support through the years.

Concerned Care was a recent recipient of the hospital's "Chip in for Charity Golf Tournament" receiving a gift of \$40,700. Since 2000, the hospital has donated over \$200,000 to the agency.

2010 Bowling Fundraiser

The "Sarah Oyen Classic" was held in October and raised a total of \$4,675.05 for the agency. Sarah, who organizes the tournament, raised the most funds at \$4,443.05. Seventeen consumers competed for prizes, which included gift cards from Target, Barnes & Noble, Liberty Movie Theatre, Ci Ci's Pizza, Wal-Mart and North Glen Theatre.

CARF

Concerned Care recently received another three-year accreditation from CARF. The out-of-town surveyors spent 3 days at the agency in August and were extremely impressed with the residential facilities and quality of services provided to our consumers. The group homes toured were cited as "clean, beautiful and homelike." The staff was praised for their professionalism and caring attitude with the consumers. This is the sixth three-year accreditation the agency has received.

New Waiver Impacts Platte County

Something new is happening in Platte County!

In the first couple weeks of October, nine individuals with developmental disabilities who were on waiting lists were approved for services. Starting Nov. 1, they began receiving behavior therapy, speech therapy, and personal care—the three services most often needed.

Earlier, Governor Jay Nixon announced the approval of a new county-based waiver. Called the Prevention Waiver, the program is designed to provide services for people with developmental disabilities when needed to prevent unnecessary and unwanted out-of-home placement.

Extensive Input

The program was designed with participation of the Missouri Association of County Developmental Disabilities Services (MACDDS), a nonprofit organization of County Boards such as Platte County Board of Services for the Developmentally Disabled, the Missouri Division of Developmental Disabilities, and the MO HealthNet Division.

This waiver is different from others because the match for services is split between the participating county board and the Division of Developmental Disabilities. The focus is on persons whose needs are greatest in the county (rather than the state). Some of the services are unique to this waiver, and the amount available for services extends up to \$12,000 per person per year.

Platte County was among 37 county boards that immediately committed funds for the program. The way the program works initially is that the county and state share the cost equally to draw down federal Medicaid funds for the services. So Platte County's match of \$20,000 generates approximately \$60,000 in services for Platte County residents that have developmental disabilities.

PCBS

The services under this waiver include accessibility adaptations, day habilitation, short term residential, behavior analysis, personal emergency response system, speech therapy, occupational therapy, physical therapy, transportation, specialized medical equipment and supplies, employment, personal assistant, behavior therapy, community specialist, and dental services.

Persons to be served under this waiver can be adults or children with developmental disabilities that are eligible for Missouri Medicaid, need an Intermediate Care Facility/Mental Retardation (ICF/MR) level of care, reside in a participating county (in this case Platte County), and meet the crisis or priority criteria.

Crisis Definition

A person is considered in crisis if health and safety conditions pose a serious risk of immediate harm or death for self or others; if he/she loses primary caregiver support; or if he/she is at risk for abuse, neglect, or exploitation.

A person is considered to be a priority if there are circumstances or conditions that necessitate substantial accommodations that cannot be met by the person's primary caregiver; he or she has exhausted both his or her educational and Vocational Rehabilitation (VR) benefits and need pre-employment or employment services; the person has been receiving services funded by sources other than Medicaid for more than three months (refinancing); or the person is living in a non-Medicaid residential facility, wants to move into the community and has low support needs.

PCBS has used its initial slots for the individuals highest on the priority list and has requested additional slots.

It's "Trick or Trot" For This Organization

Triality's 6th Annual Trick or Trot 5K Run/1.5 Mile Walk was a huge success!

This year, they had more than 100 people register to run or walk in North Kansas City, Missouri on Sunday, Oct. 24. Chris Cakes Pancakes provided breakfast and entertainment for 125 guests including past and current clients, volunteers, board members, participants, and neighbors from the area. They had many fun activities for children and a great turnout for the costume contest and pet parade! Trick or Trot is a fundraising event designed to increase awareness about Triality, raise philanthropic dollars for the programs, and connect clients and families outside the center programs.

If you are interested in learning more about Trick or Trot, volunteer opportunities, or Triality's other programs, please contact Sasha Lewis at 816-781-0177 ext. 220.



Philip (photo above) enjoys breakfast after walking 1.5 miles (photo above) enjoy breakfast.

At right: Greg with Chris Cakes, board member Brian Wright and founder Alan Naylor serve breakfast.



Triality



Heather, Samantha and big brother, Carter. Samantha and Carter are Triality Tots alumni.

Stars Come Out To Support VSI

If you didn't know any better, you would have thought you were in the middle of a Hollywood red carpet event Oct. 23 instead of in North Kansas City at the 14th Annual Vocational Services, Inc. Bowl-a-thon and Silent Auction. More than 200 bowlers, volunteers, spectators and celebrities filled the lanes at the AMF Pro Bowl to raise money and awareness in support of VSI and those they serve.

The theme for this year's event was "Hollywood Bowl-a-thon". Many Hollywood stars were out in full force walking the red carpet and getting their pictures taken. It seemed like every time you turned the corner there was a new celebrity. Everyone from Indiana Jones to the cast of Toy Story were on hand. Fred and Wilma Flintstone and Minnie Mouse also made appearances at the event.

The atmosphere was upbeat as participants hit the lanes challenging each other for high score. There was also rivalry off the lanes as people were out-bidding each other for that must have item at the silent auction. All of the friendly competition was for a good cause; all proceeds from this event go towards furthering the programs and services provided by VSI.

VSI is not-for-profit organization that has been serving Clay and Platte counties for over 43 years, providing vocational and rehabilitative services for more than 250 individuals with developmental disabilities. With three sheltered workshops in Liberty and North Kansas City, VSI provides a variety of workshop programs and community employment opportunities for individuals with disabilities. The programs are designed to help them reach their fullest potential by exercising their rights and participating in the community.

For more information on VSI's services, programs or events please contact VSI's administrative offices at 816.781.6292 or visit www.visserve.org.

VSI



Get Involved To Advocate for Services

(continued from Page 1)

history of supporting individuals with disabilities? There are many complex issues shaping the future with the erosion of the Missouri state budget, issues regarding group homes, health care provisions and what reform means to the disabled community, advocacy is more important than ever.

Educate Yourself

- Educate yourself about the basics. Start with the definition of a developmental disability. Learn the ins and outs of the Medicaid Waiver. Did you know the waiver is technically not an entitlement program? Explore the Division of Developmental Disabilities waiting list with over 5,000 individuals yet to receive essential services — 203 of whom live in Clay County.

- The Internet can be a great educational tool. Check out the Missouri Department of Mental Health web site at <http://dmh.mo.gov/mrdd/mrddindex.htm> for starters.

- Join the Arc Missouri Can't Wait campaign (www.arcusmo.com) as well as the R-Word campaign (www.r-word.org).

- Check into other developmental disability network partners such as MACDDS (the Missouri Association of County Developmental Disabilities Services, www.macdds.org), PCBS (www.pcbsdd.org), MARF (www.marf.cc), MCDD (www.mccddregion4.org), DDRB (www.ddrb.org), MPCDD (www.mpcdd.com), and Special Olympics (www.somo.org).

Get In the Know

- Become a volunteer of one of the fine agencies listed in the Pathways.

- Arrange a visit and tour one or more agencies. Interview executive directors to discover what is important to them, what are their biggest challenges, what would they like to see changed, what do they

Immacolata

need to more effectively serve?

- Join the Arc Missouri Can't Wait campaign as well as the R-Word campaign.

- Check into other DD network partners such as MARF, MCDD, DDRB, MPCDD, and Special Olympics.

Contact Your Legislators

Missouri has some wonderful legislators who care deeply about those who cannot care for themselves, but they too need to be informed on the issues. Calling your legislator's office can be a very effective way to advocate, especially when a vote is scheduled to take place.

- When calling, express your opinion on the issue, explain why you feel the way you do, and state what action you want your legislator to take. It is very important when calling your legislator's office to give your full name and address, and to keep your call short and to the point.

- Writing to your legislator is effective. To avoid delays, consider faxing or e-mailing. When writing a letter, identify yourself. State that you are a constituent and are writing a letter on behalf of other individuals with intellectual/developmental disabilities.

- Visiting a legislator in person shows that you care deeply about a particular issue. It is best to write or call ahead to arrange an appointment. Be prepared to present your case. Follow up your meeting with a thank you note or additional information and keep the line of communication open.

Spread the Word

- Encourage others to advocacy by sharing what you know. Personal appearances are the best way to influence members of your community. Community groups are

(please continue on page 10)

Calendar

December 5: Immacolata Manor Annual Christmas Party, 2:00-6:00 p.m., Pleasant Valley Civic Building, 6805 Sobbie Road

Triality Board of Directors will begin meeting the first Tuesday of each month at 7:30 a.m. at Tri-County Mental Health Services. Triality will also hold their Holiday Lunch Dec. 17.

Conferences:

March 3-4, 2011 — Autism Works, National Conference on Autism & Employment. Sheraton Westport Chalet Hotel, St. Louis, MO. Contact: www.dps.missouri.edu/Autism

Missouri Council Plans Multiple Initiatives, Resources

The Missouri Planning Council for Developmental Disabilities has been active with several initiatives, and the organization's Web site is increasingly an outstanding resource for the community: www.mpcdd.com.

The site currently features an online survey related to creation of a five-year plan required by federal law. Earlier this year, the Council supported a petition promoting community inclusion for all. Completed in October, the petition was intended as a call to the attention of Missouri's leaders that many citizens believe that all people with developmental disabilities belong in, and can be supported successfully in, the community.

Other information is geared to daily challenges, such as how-to manuals for transportation issues, a guide for career planning and success stories.

Get Involved!

(continued from Page 9)

always seeking speakers for their programs.

- Write and submit an opinion editorial for your local newspaper.

- Organize a coalition.

Thank you for taking the time to advocate on behalf of all persons with a developmental disability.

Since many cannot advocate for themselves, they need you to do it for them...and their future. Though families and those directly impacted by legislation are good advocates, remember, even the smallest action has an impact. People with disabilities need a voice. That voice is us.

Pathways Is Always at Your Fingertips on the Internet

Remember, you can always download a free copy of *Pathways* online in convenient, PDF format, and even sign up to have a copy e-mailed to you directly!

In fact, we urge all readers of *Pathways* to use these convenient digital deliveries in order to help us save postage expenses and other resources.

To sign up or download, simply go to www.dginform.com/Pathways. The easy to follow instructions are right there!

The PDF format used for *Pathways* requires that you have a copy of the free Adobe Acrobat Reader or a similar program on your computer. A link for obtaining the reader is also on this page, so you can get both if you need them!

Tri-County Begins 21st Year of Services

(Note, the following excerpts are from the Tri-County Mental Health Services annual report by board Chair Sue Gonnerman and CEO Tom Cranshaw.)

Twenty years ago a paradigm shift was needed, from hospital-sponsored care to community-based behavioral health services. Due to the vision of the leadership in the Northland, an innovative model was born. The model sought to maximize access to quality and compassion, while serving the 1,400-square-mile area of Clay, Platte, and Ray counties.

Our beginnings were modest, but a strong foundation was laid. Active support from community leaders; the Clay, Platte, Ray Mental Health Board and the Department of Mental Health led to a smooth transition. The community and our consumers owe a debt of gratitude to those visionary leaders, many of whom are being inducted into our Hall of Fame.

Honoring the Present

Because of the strong foundation that was laid 20 years ago, today's economic challenges are manageable. But the distressed economy continues to heighten anxiety and depression, while depleting state, local, and agency budgets. Matching these limited resources to growing community need is a challenge, but we are adapting.

We must also be mindful that our consumers often have co-occurring disorders of mental illness, substance use and chronic physical ailments. This causes them to

Thanks Hy-Vee!

Hy-Vee in Liberty hosted a Fund Raising Days for Immacolata Manor, October 25-28. Liberty Hy-Vee donated five percent of total purchases made during this fund raiser to Immacolata Manor.

Tri-County

die, on average, 25 years younger than the general population.

This reality reminds us to focus upon the whole person. Disease management is the new watchword, promoting integration of our mental health and substance use services while better linking our consumers to our physical health partners. This year's budget and program results illustrate well the statistics regarding mental and physical disorders of our consumers.

If disease management is the new watchword, so too are evidence-based practices. We owe it to our consumers to provide the best service modality that objective research supports. That is why Tri-County is committed to be a leader in the following evidence-based practices:

- Integrated Treatment of Mental and Substance Disorders
- Illness Management and Recovery in our Day Programs
- Dialectical Behavioral Therapy for borderline personality disorders
- Supported Employment to maximize a return to the work force

Adapting to a Changing Tomorrow

While today's challenges are daunting, we are prepared for whatever tomorrow may bring. Examples include:

- Electronic health records will improve care coordination while protecting patient confidentiality.
- Behavioral health parity and health care reform will change our environment dramatically, but we must ensure that our consumers receive all of the care they need as efficiently as possible.
- Mental and physical health integration will become commonplace—although critical details are still being determined.

Pathways

Northland Services For People
with Developmental Disabilities

**2601 NE Barry Road
Kansas City, MO 64156**