

# Collaborator



NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES

Volume XV, Issue I

January 2009

## NDCPD Presents at National AUCD Conference

By Cynthia M. Salazar, NDCPD Dissemination Core Coordinator

This past fall several faculty and staff from NDCPD participated in the 2008 Association of University Centers on Disability (AUCD) Annual Meeting and Conference in Washington, D.C. Mary Mercer, Community Training Core Coordinator for NDCPD, chaired the 2008 AUCD Training Symposium, *Widening and Strengthening Pathways through Universal Design*, sponsored by the Coleman Institute on Cognitive Technologies. Approximately 140 participants of the symposium heard a panel of experts on Smart Home technology, web accessibility for people with cognitive disabilities, and other technology applications for persons with cognitive disabilities.

NDCPD faculty and staff also presented five posters during the 2008 AUCD Poster Session, *Paving the Way*:

### Reactions of adults with disabilities to Nintendo® Wii™ gaming system

Linda Madsen, M.S.; Research Associate, NDCPD

The Wii™ gaming craze is sweeping the country. NDCPD established a gaming room which included a Nintendo® Wii™ gaming system connected to a flat screen TV. Six adults with varying disabilities were invited to participate in Wii™ gaming activities. Each person attended at least one time per week for six weeks. This project found increased independence and self-worth were gained through this gaming experience. This poster discussed the reactions and challenges faced by these adults as they played Wii™ games.



Linda Madsen shares Wii Game room research.

(Continued on Page 2)

## Mini Grant Proposals

By Christy Jackson Carroll, Ph.D., NDCPD Associate Director of Development

A relatively new event at NDCPD is the first year of the research mini-grant program. Members of the staff are encouraged to write a brief proposal to encourage growth and development of their research talents. Priority will be given to innovative ideas which support basic and applied research activities and are motivated by an effort to probe toward and discover new ideas, information or applications. The grant is intended to enhance the individual staff member's talents, scholarship, and ability to pursue research activities in his/her respective field of study. Hopefully the activities will enable the development of sponsored research from other sources. The staff member has the opportunity to become more knowledgeable in the research area of their choice while having time to possibly extend their work to new areas of interest. There is also opportunity to gather knowledge in how to develop and write a strong research question. Staff members are encouraged to answer the following questions:

- Do I know the field and its literature well?

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## The Collaborator

The Collaborator is the quarterly newsletter for the North Dakota Center for Persons with Disabilities (NDCPD). NDCPD is a University of Excellence on Developmental Disabilities in Education, Research, and Services at Minot State University. It is part of a network of similar programs at universities throughout the United States.

### Our mission...

To provide leadership and innovation that advances the state-of-the-art and empower people with disabilities to challenge expectations, achieve personal goals and be included in all aspects of community life.

### Vision Statement...

We believe that people with disabilities have the same rights as all citizens. We believe that people with disabilities who receive publicly funded services have the right to expect that those services appropriately promote their independence, productivity, integration and inclusion. Furthermore, we believe that the public expects that these services will be provided in an effective manner.

Preparation of this newsletter was supported by a grant (#90DD0604-02) to the North Dakota Center for Persons with Disabilities by the Administration on Developmental Disabilities. The opinions expressed here are those of the author(s) and do not necessarily reflect the official policy or opinions of the Administration on Developmental Disabilities.



### AUCD Conference (continued from page 1)



Dr. Askvig & Jan Meyer share international research results.

#### Norwegian and Midwestern US Citizens' Perspectives on Institutional and Community Living

Brent A. Askvig, PhD; Executive Director, NDCPD  
Jan Meyer, M.A.; Associate Professor, Harstad University College, Harstad, Norway

Community and institutional living arrangements have been studied in various countries and in some cases, cross country comparisons have occurred. As part of an international collaboration between NDCPD and Harstad University College in Norway, participatory research was conducted with citizens in rural communities in both Norway and North Dakota. This poster presented the reflections on the individuals' responses and the discovered themes, especially as they pertain to cultural, political, and service system variables.



Cathy Haarstad talks to conference participant about development process.

#### PicPlan – A Journey in Research & Development

Cathy Haarstad, M.S.; Consumer Affairs, NDCPD

This poster described the journey a research associate takes in bringing a project from design to full development. It described how to find and work with a for-profit business as a University Center of Excellence in Developmental Disabilities and how to navigate the landscape of business models, intellectual property rights and grant development.

#### PhotoVoice – Using photos in research to communicate and influence constituents and policymakers

Cathy Haarstad, M.S.; Consumer Affairs, NDCPD  
Dawn Olson, B.S.; Consumer Liaison, NDCPD  
Shannon Simonson, A.A.; Chairperson Consumer Advisory Council, NDCPD  
Cynthia Salazar, B.S.; Dissemination Coordinator, NDCPD



Shannon Simonson & Dawn Olson share lessons learned from PhotoVoice.

This poster described the results of a participatory action research project using PhotoVoice. PhotoVoice blends a grassroots approach to photography and social action. It provides cameras not to policy makers, or professionals, but to people with limited access to decision-makers. The purpose was: 1) to assess the use of PhotoVoice as a tool for conducting a community needs assessment and; 2) to increase NDCPD's Consumer Advisory Council (CAC) member experience with participatory action research to develop leadership skills.

#### ND Disability Health Project

Kari Arrayan, M.S.; Program Director, NDCPD  
Kylene Kraft, B.S.; ND - North Dakota Center for Persons with Disabilities  
Brent Askvig, PhD; Executive Director, NDCPD

The ND Disability Health Project promotes the health and wellness of ND citizens with disabilities. The project has developed a strategic plan, based upon state data sources and focus group sessions, that includes health promotion strategies, technical assistance, and other techniques to promote awareness of health disparities and to address health related issues for people with disabilities. The poster presentation also highlighted health disparities in ND between people with and without disabilities.



Kylene Kraft & Kari Arrayan promote health and wellness for citizens with disabilities.



The North Dakota Center for Persons with Disabilities is a member of the Association of University Centers on Disabilities (AUCD). AUCD is a national network of interdisciplinary centers advancing policy and practice through research, education and services for and with individuals with developmental and other disabilities, their families, and communities.

### Part 1 At-A-Glance: The Final Ticket to Work Regulations

By Tom Alexander, Project Director, Medicaid Infrastructure Grant

Under the Ticket to Work and Work Incentives Improvement Act of 1999, the Social Security Administration (SSA) was directed to create a new system of employment services for Social Security beneficiaries, The Ticket to Work Program. The ultimate goal of this Program was to double the number of Social Security beneficiaries leaving the benefits rolls due to earnings from 0.5% to 1%. This was to be accomplished through a payment system based on outcomes that ultimately led participants to cease receiving cash benefits. The Ticket Program is not meant to supplant the pre-existing state Vocational Rehabilitation (VR) system but to provide more options for beneficiaries to receive services.

Under the initial Ticket to Work Program regulations, Employment Networks (ENs) participation in the Ticket to Work Program has been minimal and there has been no improvement in the rate of beneficiaries leaving the rolls due to employment. Recognizing this, SSA proposed new regulations governing the Ticket to Work Program and the final regulations were published in the Federal Register on May 20, 2008. They became effective July 21, 2008. The full text of the new regulations is available at <http://edocket.access.gpo.gov/2008/pdf/E8-10879.pdf>.

This *Part 1: At-A-Glance* brief summarizes the key changes SSA made through the new regulations. With these changes, SSA has created a payment system based on the attainment of increasing levels of employment over time that is attractive enough to entice ENs to participate. And, SSA has modified the interaction of the VR cost reimbursement system with the Ticket system to encourage collaboration among state VR agencies and private ENs.

I would strongly encourage interested readers to go the Amendment to the *Ticket To Work and Self-Sufficiency Program: Final Rule* located at <http://edocket.access.gpo.gov/2008/pdf/E8-10879.pdf>.

In the next Collaborator newsletter I will highlight the following changes:

- **Changes to Eligibility of Beneficiaries and Employment Networks;**
- **Changes to the Payment System;**
- **Changes to state Vocational Rehabilitation Agency Relationship with the Ticket to Work Program; and**
- **Changes to the Timely progress Requirements.**

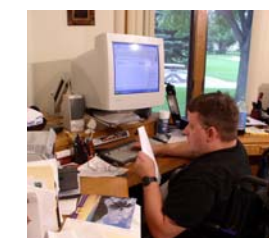
The North Dakota Medicaid Infrastructure Grant will be partnering with Social Security Administration Ticket Team, North Dakota Rehabilitation Consulting and Services and Rehab Services to host two special events to discuss the new Ticket to Work Regulations. First, we will host a state-wide conference call with the Social Security Administrations Ticket Team on January 29, 2009, 1:00 p.m. to 2:30 CDT. Secondly, we will host an in person day training with the team in the Spring/Summer of 2009.

Anyone interesting in participating in this training, please contact Tom Alexander at [tom.alexander@minotstateu.edu](mailto:tom.alexander@minotstateu.edu) or 800-233-1737.

Reference:  
National Consortium for Health Systems Development (2008) *Ticket to Work Toolkit*. A project of Health & Disabilities Advocates.



*“The Ticket Program is not meant to supplant the pre-existing state VR system but to provide more options for beneficiaries to receive services”*





## Health Promotion Technical Assistance Available

By Kari Arrayan, Project Director, ND Disability Health Project

The ND Disability Health Project can provide training and technical assistance that is tailored to a specific organization or group. The focus of this project is primarily on the promotion of health and wellness for people with disabilities, and prevention of secondary conditions associated with disabilities. However, technical assistance can also include other areas such as disability-specific issues, adaptations, accessibility, and disability awareness. Methods of assistance can include in-service training (on site or technology based), curriculum/material review and recommendations for accessibility, or phone consultation.

To request technical assistance visit our website at [www.ndcpd.org/health](http://www.ndcpd.org/health) and click on 'technical assistance' or call Kari Arrayan, Program Director at 1-800-233-1737 or 701-858-3048. This service is provided free of charge. The ND Disability Health Project, implemented through NDCPD, is funded through a grant from the Centers for Disease Control and Prevention.



## GPAST Pilot Program Underway

By Barb Johnson, GPAST Family Support Specialist

The Great Plains Autism Spectrum Disorder Treatment program (GPAST) is underway with five pilot families participating in research that will help North Dakota better understand the needs of families raising children with Autism Spectrum Disorders. Families will be piloting the effectiveness of multiple forms of technology including software programs, flip cameras, and web-based training and consultations. Pilot families are also measuring their levels of stress and the financial impact of autism during the project year.

GPAST will also deliver community-based screening and diagnostic clinics in western North Dakota using an interdisciplinary approach and utilizing distance technology to link various professionals with families in their community setting. For more information, log onto [www.ndcpd.org/autism](http://www.ndcpd.org/autism).



Kora Dockter

## New Staff

Kora Dockter joins NDCPD as the project director for the North Dakota Integrated Services (NDIS) project. She is a registered nurse and previously worked with the Children's Special Health Services Division of the ND Dept. of Health and the Medical Home workgroup before joining NDCPD. Kora is a ND native and proud grandmother of Caleb and Jaci.

Amy Lopez works for the Great Plains Autism Spectrum Treatment program (GPAST) as an Autism Research Professional and will be teaching in the Psychology department this spring as adjunct faculty for Minot State University. She received her master's in Clinical Psychology from Utrecht University in the Netherlands. She recently moved to Minot with her husband who is a B52 pilot with the United States Air Force.



Amy Lopez

Hardik Mody is a recent graduate of Minot State University's master's program in Special Education in Deaf Education and has worked as a Special Educator for two years prior to coming to NDCPD. He joins NDCPD as an Early Interventionist for the Minot Infant Development Program.



Hardik Mody

## New Grant Awards

### ND I Can Do It! You Can Do It!

Funding Agency: New Additions Consultant, Inc. through a contract with US Dept of Health & Human Services

Grant Type: Public Service

Funding Amount: \$15,000

### MSU Disability Awareness Student Campaign

Funding Agency: Minot State University Diversity Committee

Grant Type: Public Service

Funding Amount: \$750

## Opportunity Available for Mentors & Mentees!

By Kylene Kraft, Project Director, ND I Can Do It, You Can Do It Program

The New Year brings a time when many of us think about becoming healthier. This year, several children and youth with disabilities in the Minot area will have an excellent opportunity to participate in a program that will encourage regular physical activity and good nutrition. NDCPD received a grant from New Editions Consulting Inc. and the US Department of Health and Human Services (DHHS) to implement the *I Can Do It, You Can Do It (ICDI)* program. ICDI program is a national program by the DHHS, Office on Disability. The Program encourages a one-on-one mentoring relationship over an eight-week period between a trained mentor, who is an adult 18 years or older and who may or may not have a disability, and a "mentee" - a youth with a disability to (1) increase the knowledge of participating youth about the value of physical activity and good nutrition; (2) increase the knowledge of participating youth about physical activities they can do and how to make better nutritional choices; and (3) increase their physical activity and change their eating habits to reflect better nutrition choices.

NDCPD will collaborate with various departments at Minot State University (e.g., Teacher Ed, Special Ed, Physical Education and Human Performance, Communication Disorders, Nursing, Social Work, campus fitness center) and area fitness and health centers to recruit mentors. Mentors will be people over the age of 18 who have a genuine interest in supporting others to achieve fitness and wellness goals. NDCPD will also work together with the Minot Public Schools and Souris Valley Special Services to recruit mentees. Mentees recruited will be youth with disabilities, ages 6-21.

If you are interested in participating in this project or have any questions, please contact Kylene Kraft at 701.858.4365 or by email [kylene.kraft@minotstateu.edu](mailto:kylene.kraft@minotstateu.edu).

## Carroll Announced as New Associate Director at NDCPD



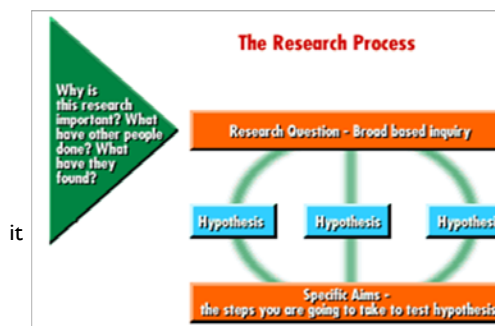
NDCPD's Executive Director, Dr. Brent Askvig, announced Dr. Christy Jackson Carroll as the new Associate Director of Development. Dr. Askvig said, "We are extremely pleased to have Dr. Carroll join NDCPD. She has experience and credentials that will allow NDCPD to progress in our acquisition of external funds. In addition, Dr. Carroll will join our center management team in setting the future for NDCPD."

Dr. Carroll came all the way from Huntsville, Alabama to join the faculty and staff of NDCPD in September and will also serve as the Research Core Coordinator. Her areas of interest lie in traumatic brain injury and community support services for the military. Dr. Carroll brings with her 25 years of experience in Special Education and Psychology. She holds a PhD in Education from University of Alabama at Tuscaloosa with specializations Technology, Test Assessment, and Special Education and has completed post doctorate work in Clinical Psychology from University of Alabama in Huntsville and Alabama A&M University. Dr. Carroll received her master degrees in Learning Disabilities, Mental Retardation, and Computer Science from University of North Alabama with emphasis in Supervision and Administration of Special Education. She received her bachelor degree from Auburn University with majors in English and Theater.

## Mini Grants (continued from page 1)

- What are the important research questions in my field?
- What areas need further exploration?
- Could my study fill a gap? Lead to greater understanding?
- Has a great deal of research already been conducted in this topic area?
- Has this study been done before? If so, is there room for improvement?
- Is the timing right for this question to be answered? Is it a hot topic, or is it becoming obsolete?
- Would funding sources be interested?
- If you are proposing a service program, is the target community interested?
- Most importantly, will my study have a significant impact on the field?

In addition, all mini-grant awardees are required to prepare a paper summarizing their research results that will be included in the "2008-09 NDCPD Research Proceedings." The proceedings will be published by the Office of the Associate Director of Development and distributed to various funding agencies.



## Director's Message: The Importance of Diversity in our Field

By Brent A. Askvig, Ph.D. NDCPD Executive Director



Mary Mercer, new Chair of National Community Education Directors Council.

Diversity is often defined as "identifiable difference." When some characteristic is used to differentiate one person from another, we have diversity. There are many possible factors which might be used to separate one person from another. It may be language, mobility, hair color, height, or any of innumerable characteristics. While the labeling process to identify differences may not always be viewed positively, I believe it is good that we acknowledge difference.

The reason I say this is good is perspective. When people are different, they often bring a varied outlook to situations and issues. Obviously, we've seen this in the recent national political discussions, but we also see it in our daily work. University Centers of Excellence on Developmental Disabilities (UCEDDs) value diversity and varied perspectives. Different opinions can be a healthy way to more fully discuss all aspects of an issue. When done in respectful and collegial ways, these different opinions and outlooks allow us to examine unique viewpoints of problems and solutions. Thus with diversity comes a greater understanding.

Over the past several months, NDCPD has become a more diverse UCEDD. This has been an exciting time for us and allowed us to grow. We have staff from different countries, which helps us better understand systems and services for those persons we serve. We have staff with differing ethnic and cultural backgrounds, which makes us understand various value systems. We have staff that have varying languages, which makes us more clearly describe our views and ideas. And we have staff that have varying abilities, which makes us better define what is really important.

The growth in acknowledging and understanding varied perspectives has been tremendous. I see this leading us closer to the goal of Excellence. And I believe this will allow us to more completely tackle the complex issues we face in the disability field. But challenges still remain. Diversity demands that we take time. Diversity demands that we listen. Diversity demands that we collaborate. And diversity demands that we respect. These things have always and will always challenge us, but we know that the result will be better.

So as we go forward toward a new year and new challenges in our state and our country, and as we continue our work with and for persons with disabilities, embrace diversity. Look for diversity. Acknowledge diversity, and draw on diversity. Then continue to do the good work our field demands.



Tom Alexander, new Treasurer of North Dakota Disability Advocacy Consortium.

## NDCPD Staff Recognized

**Mary Mercer**, Community Training Core Coordinator for NDCPD's core grant was elected as Chair of the National Community Education Director's Council (NCEDC). NCEDC is one of five councils within the Association of University Centers on Disability (AUCD). As chair Ms. Mercer will also serve as an AUCD board member. Prior to her nomination, Ms. Mercer served as Vice Chair of NCEDC for three years. As vice-chair she was a member of the NCEDC steering committee and chaired the AUCD Training Symposium planning committee in 2008.

As a University Center of Excellence in Developmental Disabilities (UCEDD), one of NDCPD's core function is to offer community service activities that include community education and technical assistance for or with individuals with developmental disabilities, their family members, professionals, paraprofessionals, students and volunteers.

The NCEDC:

- Serves as a focus and forum for the identification and discussion of issues of community education and technical assistance.
- Functions as a representative voice of community education interests and concerns within the UCEDD network.
- Influences the development and implementation of national community education policies and initiatives.
- Shares resources and exemplary community education programs developed and used by UCEDDs across the nation.



Amy Armstrong, new Secretary of North Dakota Disability Advocacy Consortium.

**Tom Alexander**, Project Director and **Amy Armstrong**, Project Coordinator for the Medicare Infrastructure Grant at NDCPD were elected to positions on the North Dakota Disability Advocacy Consortium (NDDAC) Executive Board. Mr. Alexander was elected as the treasurer and Ms. Armstrong as secretary. NDDAC is consortium of organizations that work together to advocate and educate to affect positive change for people with disabilities. The NDDAC advocates for public policy to ensure that people with disabilities have the supports and services they need to be productive and independent. Membership is open to all organizations that have advocacy for the rights of people with disabilities as a primary focus of their mission and support the mission and the activities of the NDDAC.

### February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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15	16	17	18	19	20	21
22	23	24	25	26	27	28

### March 2009

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### April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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26	27	28	29	30		

## Upcoming Conferences & Training Events

### Supporting A Person with Difficult Behaviors/

#### Supporting the People Who Care

**Presenter:** David Pitonyak

**Dates & Site:** February 2-5,

February 2, MSU Student Union Conference Center, Minot

February 3, Development Homes, Grand Forks

February 4, Doublewood Inn, Fargo

February 5, Doublewood Inn, Bismarck

**Time:** 9:00 A.M. - 4:00 P.M.

**Registration Fee:** \$75.00

### The Importance of Belonging

**Presenter:** David Pitonyak

**Date & Site:** February 6, 2009, Doublewood Inn, Bismarck

**Time:** 9:00 A.M. - 4:00 P.M.

**Registration Fee:** \$75.00

**For more information contact:** Cheryl Rystedt @ 1-800-233-1737 or email @ [Cheryl.rystedt@minotstateu.edu](mailto:Cheryl.rystedt@minotstateu.edu)

### Train the Trainer to Train the Staff in Therapeutic Intervention

**Presenter:** Ron Odden

**Site:**

**Dates:**

**Times:**

Comfort Inn, Bismarck April 8, 2009 9:00 AM – 4:00 PM

Comfort Inn, Bismarck July 9 (follow-up) 9:00 AM – Noon

**Registration Fee:** \$70.00

### North Dakota Association of Community Facilities Annual Conference

**Dates:** April 29 – May 1, 2009

**Site:** Minot – Grand International/International Inn

**Registration Fee:** \$150 (tentatively)

## Upcoming CD/Webcasts

### Sibling Support

**Presenter:** Katie Keiling

**Date:** February 18, 2009

**Time:** 2:00 P.M.-4:00 P.M.

**Fee:** \$30.00 per site

### Participatory Action Research

**Presenter:** Angela Weaver-Roebuck and Cathy Haarstad

**Date:** Part I – March 3, 2009; Part II – March 10, 2009

**Time:** 1:30 P.M.- 4:30 P.M. each day

**Fee:** \$30.00 per site

### What is the Secondary General Education Teacher's Role in the Transition IEP Planning Process?

**Presenters:** From the North Dakota Education Association

and the North Dakota Department of Public Instruction

**Date:** March 24, 2009

**Time:** 3:00 P.M.-5:00 P.M.

**Fee:** \$30.00 per site

### Cognitive Skills for Challenging Behaviors

**Presenter:** Karen Edens

**Date:** April 15, 2009

**Time:** 2:00 P.M.– 4:00 P.M.

**Fee:** \$30.00 per site

**For more information contact:** Vicki Brabandt @ 1-800-233-1737 or email @ [Vicki.brabandt@minotstateu.edu](mailto:Vicki.brabandt@minotstateu.edu)

For additional copies of the Collaborator contact Cynthia Salazar at 1-800-233-1737.

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