

**NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES**

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Available in alternative format upon request.

## 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.

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# Collaborator



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## 2008-2009 Accomplishments at NDCPD

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

Our staff has just completed a review of our work at NDCPD for the 2008-2009 fiscal year. The results show that it was a busy and productive year. NDCPD had 104 employees in June 2009. These staff worked on 45 different projects addressing topics such as early intervention, Medicare fraud, employment, health, housing, and staff training. Our staff wrote grants, contracts and fee-for-service agreements that generated over \$6 million in accumulated operating budgets.

This past year NDCPD participated in numerous reviews and site visits for our programs. Staff hosted program reviews for the Centers for Disease Control and Prevention and the Health Research and Services Administration. In addition we hosted an Administration on Developmental Disabilities review of the UCEDD grant. This Monitoring and Technical Assistance Review System (MTARS) allowed NDCPD to highlight its core work. All of our review resulted in exemplary reports verifying the quality of our staff and their work.

Several new initiatives were started in 2008-2009. All NDCPD project directors participated in leadership training that focused on communication and work style. It was deemed successful, and thus the remainder of staff will receive the same training during the current year.

Another new initiative was our disability summits. Coming from our collaborative relationships with the ND Protection and Advocacy Project and the State Council on Developmental Disabilities, the summits are a series of discussion meetings on critical disability issues such as health, employment, transportation and housing. Thus far nearly 250 people from across ND have participated in summits and have prioritized issues and possible solutions.

Dr. Christy Carroll, our Associate Director for Development, had facilitated publication meetings with our staff. So far over one half dozen articles are in process for a center-published treatise on disability topics. We are excited about this venture. (continued on page 2)

## A Commitment of Excellence NDCPD & NAQ

By Mary Mercer, Community Training Core Coordinator

The National Association of Qualified Developmental Disability Professionals \* (NAQ) recently announced the names of the first graduates of its Certificate in Developmental Disabilities Program. Graduates represent developmental disability service agencies from several geographically dispersed states who were involved in a beta test of the certification program.

NAQ in partnership with the North Dakota Center for Persons with Disabilities, a University Center of Excellence at Minot State University, established the certificate program to meet a need for advanced and standardized training for working human service professionals. Holly Janczak, Director of NAQ, commented, "We created the program primarily to meet the needs of bachelor degree professionals (continued on page 3)

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### 2008-2009 Accomplishments at NDCPD (Continued from page 1)

And we would like to acknowledge Kathy Lee and her staff at the Minot Infant Development Program for 30 years of exemplary service. For 3 decades MIDP staff has provided home visits, assessments, interventions, and referrals for over 2,000 children with disabilities and their families. Staff have traveled hundreds of thousands of miles to visit parents and their children in several north central communities. This dedication to excellence in rural service delivers is laudable. Congratulations!

Each day I become more and more impressed by the dedication, commitment, energy and passion of NDCPD's staff. They are so talented and knowledgeable. They provide top notch services to people with disabilities. They negotiate political and legislative issues with candor and a plumb. Our staff are experts in technology, training, service delivery, research, technical assistance, and information dissemination. And they all exemplify our mission values and work for improved lives of ND citizens with disabilities.

### ND HEAR Now Project Conducts Physician-Directed Focus Groups



North Dakota Early Hearing Detection and Intervention

#### Our purpose...

This summer and fall, Physician (Dr. Bernie Hoggarth, MD) is leading focus groups which are intended to enhance the ND Early Hearing Detection and Intervention (EHDI) process within local ND communities by...

- Identifying a local Primary Care Physician (PCP) as an EHDI champion
- Facilitating a physician point of entry into the ND EHDI system at the local community level
- Improving each community's response to meeting the 1-3-6 month guidelines for EHDI (Federal recommendations urge programs to screen for hearing loss by one month of age, confirm a diagnosis by 3 months of age, and begin early intervention by 6 months of age.)

#### Our process...

The ND EHDI Physician will contact each birthing hospital to identify a PCP willing to champion EHDI efforts.

Face-to-face meetings will be convened with key EHDI partners in each community containing a birthing facility (n=15). Members may include OB Managers, Physicians, Birth Screeners, Audiologists, Part C personnel, Right Track personnel, Parent Infant Program personnel and ND EHDI staff.

#### Anticipated outcomes...

Community partners will have an increased awareness of each other and meeting minutes will include at least three action statements and identify persons responsible for completion.

#### Indicators of meeting success...

We hope to achieve increased awareness of the ND EHDI program among medical providers and strengthened partnerships between the medical and early intervention communities.

For more information, contact Wendy Thomas, project director (800) 233-1737. [wendy.thomas@minotstateu.edu](mailto:wendy.thomas@minotstateu.edu)



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES  
RESEARCH, EDUCATION, SERVICE

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.

### Individual Development Accounts are a Great Opportunity for People with Disabilities

Submitted by Amy Armstrong and Tom Alexander, ND MIG

During the 2009 Legislative Session, the North Dakota Legislature passed Senate Bill (SB) 2260 and as a result many citizens will acquire lasting assets. The bill provides a \$125,000 appropriation for Individual Development Accounts (IDAs) which are administered through the Community Action Agencies in all 53 North Dakota counties.

IDAs are long-term matched saving accounts to be used for a targeted asset goal: college tuition, first home, or small business. By no means is this a give-away program. IDAs come with strict parameters and expectations. In order to qualify for the program a participant must be employed, have credit in good standing, and not be above 200% of the Federal Poverty Level. The program also requires completion of financial literacy training.

Over 35 states have passed IDA legislation, and the federal government supports IDAs through the Assets for Independence (AFI) Act. As a direct result of SB2260 North Dakota has joined the ranks and will provide match dollars for hard working citizens. Each dollar the state has committed will be matched by a federal dollar and together will match the savings of the participant.

North Dakota has celebrated many IDA successes since 2002. Two participants acquired their first home in Minot, another eight in Fargo, and six more in Grand Forks. Two small business owners in Grand Forks and Fargo have been able to make their businesses more viable and competitive. Also, 29 students at UND, DSU, NDSU, LRSC, WSU, and VCSU have successfully participated and graduated from college, or are currently attending college, using their IDA funds.

People with disabilities are great candidates for IDAs. More than one-third of adults with disabilities live in households with total incomes of \$15,000 or less, compared to 12 percent of adults without disabilities. Yet, one reason IDAs have yet to gain prominence in the disability community is the misconception that IDAs will affect eligibility for SSI—and by extension Medicaid—because SSI limits the amount of income and assets that participants can have. In fact, participation in an AFI IDA program has no negative effect on SSI disability benefits or eligibility, because earnings set aside in AFI IDAs, as well as all matching funds and accrued interest, is disregarded when determining SSI eligibility and payment amounts.

Also there may be misconceptions that people with disabilities are not candidates for IDAs because they cannot work and thus cannot deposit earnings into IDAs. In fact, many adults with disabilities are employed, are actively working toward employment, attending college, or setting up their own businesses. IDA participants with disabilities can successfully achieve their asset development goals given appropriate support, and benefits planning information and resources. SB2260 is not only an investment in human capital but also an investment in our North Dakota economy. The bottom line is that IDAs work and operate as a bridge to the middle class for the Americans who use them.

For more information about how to apply for an IDA please contact Andrea Olson, Asset Development Program Coordinator - ND Community Action Partnership (CAP), Email: [andrea@sendcaa.org](mailto:andrea@sendcaa.org) Ph: 701-232-2452 Ext. 119.

Information provided by: ND CAP and the National Consortium for Health Systems Development (NCHSD)

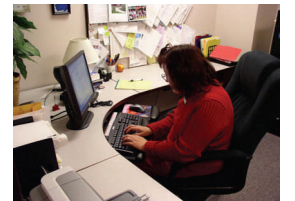


Photo by Marshall Hill



Photo by Marshall Hill



## Part D Scams –Beware!!

### North Dakota Senior Medicare Patrol (ND SMP)

Seniors beware. Fall is fast approaching and before you know it, it will be time for you to consider your Prescription Drug plan options. Since the Part D drug plan was put in place, scam artists have been posing as Medicare representatives with the pretense of assisting beneficiaries in selecting a Part D drug plan. Here are some common scams people have fallen victim to surrounding the Part D open enrollment period.

**Pharmabay scam.** The callers identify themselves as representing a seemingly legitimate organization. Nonexistent groups go under such names as “Pharmabay,” “Pharma Corp” or “Pharma Express,” “National Medicare Office,” or “National Medical Office.” The caller addresses the beneficiary by name, identifies their bank and their doctor’s name. In many cases, the caller already knows the beneficiary’s social security number. This ruse helps reinforce the notion that the caller is legitimate. Typically, the caller offers to “help” the individual by making the Medicare Part D process easier, simplifying choices or helping to access benefits or save money. Then the caller asks for more personal information from the individual, such as their banking information or credit card number.

**299 Scam.** In this scam, referred to as the “299 gang,” the callers often identify themselves as Medicare employees. Seniors are asked for their checking account information in order to “sell them a Part D drug plan for \$299.” It is usually explained that there is a one-time fee, ranging anywhere from \$299 to \$399, which will ensure that the premiums will be paid for several years, or for their lifetime. Callers can be very persuasive, even aggressive, in their attempts to convince individuals that they must provide the requested information.

**Medicare card renewal.** In some cases callers contact a beneficiary noting that he or she must renew their Medicare Part D insurance cards or risk losing not only Part D coverage but also Medicare A and B coverage. Again, the caller then asks for personal information such as a social security number and their banking information.

**Deceptive sales practices.** Marketing tactics can also be of concern when it comes to Part D enrollment. A beneficiary may believe he is enrolling in a stand-alone Part D plan when, in fact, an unscrupulous sales person is enrolling the beneficiary in a Medicare Advantage Plan. The incentive for the sales person is the receipt of a higher commission for such an enrollment since Medicare heavily subsidizes the Medicare Advantage plan. Unfortunately, the beneficiary will not notice the change until he is advised that his doctor is not in the network of the plan he was falsely enrolled in. By this time, the beneficiary has now also lost his original Medicare coverage and must spend a great deal of time and effort to reverse this enrollment.

Beneficiaries must remember that legitimate Medicare drug plans will not ask for payment over the telephone or Internet. Medicare, Medicaid and the Social Security Administration will never call a beneficiary on the telephone. A beneficiary who receives such a call should never provide any information, but should instead hang up and file a complaint with Medicare (1-800-MEDICARE) or the ND SMP (1-800-233-1737).



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## A Commitment to Excellence NDCPD & NAQ (continued from page 1)

working in the field, such as QMRPs, Case Workers, Case Managers and Developmental Disability Specialists. Most states and many providers do not offer training opportunities and often the content is lagging in contemporary practices.” NDCPD was selected as the curriculum partner based on almost 20 years of experience developing and delivering curriculum materials for QMRPs and other professionals in North Dakota and over 10 years of delivering online pre-service instruction and continuing education for human service workers.

The competency-based certificate program is delivered online through Minot State University. Candidates complete required core content, as well as electives with exams to test mastery. The curriculum includes an online *Prevention of Abuse and Neglect* course, training in person-centered approaches, working with families, positive behavioral supports, and best practices in supporting skill development and personal outcomes. Participants choose three electives based on their area of specialty. Content areas for electives range from leadership topics; disability specific topics such as epilepsy, Alzheimer’s disease, sexuality, and nutrition; supported employment; and others.

Applicants submit a professional portfolio of relevant work products, including a person-centered plan, written examples of advocacy, and a discussion of their personal involvement in the development of positive behavioral support plans for individuals with developmental disabilities. In addition, the NAQ reviews the applicant’s responses to five case studies in the certificate program’s primary content areas.

Graduates of NAQ’s Certificate in Developmental Disabilities Program were surveyed to determine how the program met their professional needs. Respondents verified that the readings were helpful and applied to their jobs. They said the content was consistent with individual state regulations and their agency policies. Quotes from graduates include:

*It met my expectations. The literature was great & the content was helpful. I feel like I already look at situations a little differently and try to include more people in the planning and growth processes.  
...my facility has decided to venture forth from traditional care providing to a person-centered model – and I’m so excited!  
.... the information given by the NAQ course is priceless.  
After completing the classes, I felt that I now have more confidence in my abilities as a QMRP, and have less tendency to second guess myself.  
... I felt overall the program really encompassed the position as a whole.*

\* NAQ – formerly the National Association of Qualified Mental Retardation Professionals. NAQ was established in 1996 by Trinity Services, a nationally recognized provider of services and supports to persons with mental illness and developmental disabilities. For more information on NAQ or the Certificate in Developmental Disabilities, contact Holly Janczak at [hjanczak@qmrp.org](mailto:hjanczak@qmrp.org).

For more information on training opportunities for Direct Support and other human service professionals, contact [mary.mercer@minotstateu.edu](mailto:mary.mercer@minotstateu.edu) or (800) 233-1737.



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## ND Disability Health Project Brings Paralympian to Area

By Kari Arrayan, ND Disability Health Project, Program Director

Judy Siegle was a high school basketball star when a drunk driver sped through a stop sign leaving her with a broken neck and facing life using a wheelchair at age 18. After months of intense rehabilitation and years of hard work Judy went on to earn degrees in speech and communications, and social work. Currently, Judy is Director of Women's Ministry at a Fargo church. She also travels around the U.S. inspiring people to excel in their lives. In 1993 Judy began wheelchair racing and went on to become one of the world's elite racers, taking over national records along the way. She was a member of the U.S. team in the 1996 Paralympics in Atlanta and the 2000 Paralympics in Sydney, Australia; winner of two gold medals in the Mexico City PanAm Games, 1999; national record holder in the 400, 800, 1500 and 5000-meter events for quadriplegic women; and, named 2000 Female Athlete of the Year by USA Wheelchair Track and Field.



Judy spoke to area junior high and high school students in New Town and Velva in September. Judy's message of being a winner for life and making healthy choices is aligned with the purpose of the Disability Health project, which is to promote the health and wellness of ND citizens with disabilities. Judy is the author of "Living Without Limits: 10 Keys to Unlocking the Champion in You." Judy believes that the most powerful life-changing moments occur when individuals choose to live lives of impact, continuing to give their all when others feel like giving up. Visit Judy's website at [www.judysiegle.com](http://www.judysiegle.com). For more information about the ND Disability Health Project log on to [www.ndcpd.org/health](http://www.ndcpd.org/health).

## New CAC Member Welcomed

# Welcome

We would like to welcome Carla Tice as the newest member of the Consumer Advisory Council. Carla is most passionate about recreation and the arts for people with disabilities, self-determination, human rights and inclusion. We look forward to working with Carla on the council.

As with any council there are term limits. Unfortunately, the Consumer Advisory Council (CAC) at NDCPD is no exception. Shannon Simonson began her first term on the CAC in October of 2003 and will complete her second and final term in October of 2009. Shannon has served in many ways on the CAC and for the last two years has served as Chair. We would like to thank Shannon for her years of service.

## Ram Good Job Award

The Ram Good Job Award is given to a staff member each month to recognize them for doing such a "ram good job". This award is given by the preceding month's award recipient, and honors the staff member's work to enhance the lives of people with disabilities and further the center mission. Winners over the past months include:



Ram Good Job Award

August 2009  
September 2009

Connie Irey, Family Support Specialist  
Brenda Munson, Project Coordinator

### November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

## Upcoming Conferences & Training Events

### Visual Strategies™ The Key to Improving Communication, Behavior & Social Skills for Individuals with Developmental Disabilities

By: Linda Hodgdon, M.Ed., CCC-SLP  
Date: October 13, 2009 Time: 2 p.m. – 4 p.m.  
Fee: \$30.00 per site – submit to MSU

### Autism Spectrum Disorder and Employment

By: Peter Gerhardt, Ed.D., President and Chair, Scientific Council,  
Organization for Autism Research  
Date: December 1, 2009  
Time: 2:30 p.m. – 4 p.m.  
Fee: \$30.00 per site – submit to MSU

### Living Real Lives: Tools for Self-Direction

By: Kathie Snow  
Date: January 12, 2010  
Time: 1 p.m. – 4 p.m.  
Fee: \$30.00 per site – submit to MSU

For more information or registration contact Jana Kremer at [jana.kremer@minotstateu.edu](mailto:jana.kremer@minotstateu.edu)

### Working with Autism: An Inside View

Presenter: Bev Harp  
Date: January 6, 2010  
Site: Comfort Inn, Bismarck  
Time: 9 a.m. – Noon 1 p.m. – 4 p.m.  
Registration Fee: \$75.00 – submit to MSU

### Social Capital

Presenter: Al Condeluci  
Sites & Dates:  
Development Homes, Inc., Grand Forks on November 12, 2009  
(Room block at the C'Mon Inn, 800-255-2323)  
Comfort Inn, Bismarck on November 13, 2009  
Time: 9 a.m. – Noon 1 p.m. – 4 p.m.  
Registration Fee: \$75.00 – submit to MSU

For more information or registration contact Vickie Brabandt at [Vickie.brabandt.minotstateu.edu](mailto:Vickie.brabandt.minotstateu.edu)

## We Care Winners

June, Michelle Vega  
July, Cheryl Rystedt  
August, Mike Wilz



Prizes included certificates to Pizza Hut, Royal Fork and Pita Pit. Thanks to all who contribute to NDCPD fundraising efforts by bringing in **MarketPlace receipts**. For every receipt turned in with the "WE CARE" stamp, MarketPlace Foods will give 1% of the total back to NDCPD for the NDCPD Endowment/Access Scholarship fund. Continue to bring your receipts to NDCPD and be sure to include your name and phone number on the back of the receipt to be eligible for the drawing.

For additional copies of the Collaborator contact Linda Madsen at 1-800-233-1737.

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