



NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES

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Director's Message: Planning for NDCPD's Future

By: Dr. Brent Askvig, Executive Director, NDCPD

University Centers of Excellence in Developmental Disabilities (UCEDDs) are designed to provide training, education, community service, research, and information dissemination on and for persons with developmental disabilities and their families. With 67 UCEDDs across the United States and territories, this wide spanning network addresses many issues and topics for our citizens.

But we know that there are always many issues and areas for improvement in the disabilities field. To that end, each UCEDD must undertake a process of discovery, discernment and prioritization. This process must take into account consumer and family input, relationship to national issues and initiatives, and specific geographical topics. Further, UCEDDs must assure collaboration with relevant programs, agencies and personnel, especially Protection and Advocacy agencies and Developmental Disabilities Councils. Priorities are then developed and included in a five year plan for the UCEDD.

In the next eight months, NDCPD will be completing our strategic planning process for determining priorities for our five year plan. This is a significant process as the priorities shape our future, and have the potential to shape the future of our state. It is vitally important that individuals with disabilities, their families, service providers, agency representatives, and all others involved in or interested in the developmental disabilities field have a say in the creation of the plan.

Within the next two months, NDCPD will be announcing a series of community forums. These forums are designed to describe NDCPD's previous and current initiatives, and then to gather community input. The outcome of each forum is to get ideas on individual, community, and state needs that might be addressed by NDCPD. We know that many other programs and agencies have strategic plans and initiatives, so we also need to be careful about overlap and duplication.

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Bullying and Suicidal Thoughts/Intentions Higher among Adolescents with Disabilities than among Adolescents without Disabilities

By: Kari Schmidt, NDCPD Project Director, ND Disability Health Project

North Dakota
Disability Health Project



North Dakota Disability Health project staff at the ND Center for Persons with Disabilities analyzed 2009 Youth Risk Behavior Survey (YRBS)* data for ND middle and high school students to explore whether disability-related disparities exist regarding bullying and suicidal thoughts/intention.

ND middle and high school students who indicated they had a disability or a long-term health problem reported a higher prevalence of having been bullied, compared to students without a disability. Additionally, students with disabilities were more likely to indicate they had no adults to talk to and had feelings of sadness or hopelessness.

Brent Askvig, NDCPD executive director and principal investigator of the ND Disability Health Project, believes it is important to raise awareness of this information among families, school personnel, and peers of ND adolescents with disabilities. These groups should be aware of the warning signs of suicide and talk with mental health professionals if concerns arise. "With all of the discussion on bullying and mental health support programs occurring at the ND state Legislature, we want everyone to be aware of and pay particular attention to those children and youth with disabilities who are particularly most vulnerable to these incidents," Askvig said. "School personnel, human services workers, parents and really the whole community's attention to these issues can help keep our youth safe."

In the YRBS survey, ND middle school students were asked if they had ever seriously thought about killing themselves. Among students with a disability, 40.9 percent indicated a yes response to this question, compared to 16.9 percent of students without a disability. Similarly, middle school students with a disability had a higher prevalence of ever making a suicide plan and ever attempting suicide. Among high school students, those with a disability were more likely than those without a disability to have considered or attempted suicide.

The ND data is consistent with national findings. According to the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA) website (www.stopbullyingnow.hrsa.gov/adults/tip-sheets/tip-sheet-24.aspx), there is a growing amount of research literature on bullying among children with disabilities and special needs. For example, children with learning disability are at greater risk of being teased and physically bullied; children with Attention Deficit Hyperactivity Disorder are more likely than other children to be bullied and are more likely than others to bully their peers; children with medical conditions that affect their appearance are more likely to be victimized by peers (frequently report name calling); obesity places children at higher risk of being bullied (in particular social exclusion and physical bullying); and even children who have diabetes and are dependent on insulin are more vulnerable to peer bullying.

In addition to an increased risk for suicide, bullying can have other serious consequences. According to the CDC, children and youth who are bullied are more likely than other children to be depressed, lonely, anxious; have low self-esteem; experience headaches, stomachaches, fatigue, poor appetites; and be absent from school and dislike school. If concerns arise, youth and adults should seek assistance from school personnel and/or mental health professionals.

*Note: The YRBS was developed in 1990 by the Centers for Disease Control and Prevention to monitor priority health-risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. ND began participating in the YRBS in 1995. For more information on the ND YRBS, visit (www.dpi.state.nd.us/health/YRBS).



Upcoming Training

Train the Trainer to Train the Staff in Therapeutic Intervention (follow-up & certification)
 Presented by: Ron Odden
 July 14, 2011
 Bismarck, Comfort Inn
 9:00am-12:00 noon
 Registration Fee: \$75.00

NDACP 25th Annual Conference
 May 4-6, 2011
 Ramada Plaza Suites, Fargo, ND
 \$150 per person-3 Days
 \$115 per person- 2 Days
 \$75 per person- 1 Day
 Pre-registration Deadline: April 20, 2011

*ND APSE subsidizes \$51/day registration fee for APSE members
 *50% discount for college students

You may now register online via credit card for webcasts, conferences and workshops hosted by NDPCD. To register, go to www.ndcpd.org/events, choose the appropriate link for workshop or cd cast. Click the link to register online and follow the prompts to pay with credit card.

Recently Funded Projects

Principle Investigator	David Roof	Tom Alexander
Grant Title	Reading First External Evaluator	ND Medicaid Infrastructure Grant (MIG) 2011
Funding Agency	ND Dept of Public Instruction	US Dept of HHS, CMS
Start Date	01/18/2011	1/1/2011
End Date	06/30/2011	12/31/2011
Total Amount per Year	\$35,138	\$750,000
Project Description	Through this project NDCPD Staff are conducting an external evaluation of the Early Reading First Program entitled MIND PLACE.	The project will develop a strategic planning process, driven by consumers to develop a comprehensive employment system assisting individuals with disabilities.

Tips from the Federal Trade Commission

By: Linda Madsen, SMP Project Director



There's a new scam every day. A Census worker needs your Social Security number to verify your identity. A "charity" needs your bank account number to provide health care to Haitian children. An e-mail needs you to click on a link for a "free" trial offer.

National Consumer Protection week was held the first week in March. This annual event is a coordinated consumer-education campaign, hosted by the Federal Trade Commission (FTC). The website, www.ncpw.gov, provides information about consumer rights, and promotes free resources to help consumers protect their privacy, manage credit and debt, avoid identity theft, understand mortgages, and recognize frauds and scams. Following are some general tips provided during National Consumer Protection week by the FTC to avoid scams:



1. Don't give out your Social Security, Medicare or bank account numbers over the telephone. They can be used against you. Information such as the names of your children or grandchildren can also be used against you.
2. Beware of callers who say they're from an organization such as Medicare, and they need to know your Medicare number. If they truly were from Medicare, they wouldn't need to ask. Nor would they call or visit your home unless you called them first.
3. Never purchase items online from a Website that you've found from an e-mail link. It could be a fraudulent site. If you know the name of an organization you want to do business with, go to its Website on your own. Only buy from secure Websites -- those with "https" as part of their Web address.
4. If a charity calls wanting a donation and you'd like to donate, hang up, look up the name of the charity and call yourself. The caller might not have been from the organization at all or might have been a middleman who funnels little of the donation to the charity.

The Senior Medicare Patrol (SMP) program, funded by the U.S. Administration on Aging, educates and empowers seniors to prevent, identify and report health care fraud and abuse. ND SMP is a free service which provides one-on-one assistance with Medicare fraud and scams. Contact us at 1-800-233-1737 or 858-3580 for more information, or if you think you've been scammed.

GPIC Clinic

We will be holding our next GPIC clinic in Jamestown on May 6th, 2011. We welcome professional, educational or parent referrals to be a part of this clinic. GPIC clinics use an interdisciplinary, arena style approach for the assessment. We are able to assess two children per clinic. The grant supports four clinics per year, two will be held at the Anne Carlsen Center in Jamestown and two at NDCPD in Minot. For more information please contact Connie Irey at 858-3286 or 1-800-233-1737 ext.3286. The Great Plains Interdisciplinary Autism Diagnostic Clinic (GPIC) is funded through North Dakota Department of Health Children's Special Health Services Division.

NDCPD's Remote Realtime Online Captioning

By: Kerri Smith, CaptionWrite, L.L.C.

"The best part of my job is knowing I am helping a student who really needs it. I feel like I am doing something beneficial and it's personally rewarding. Plus, working in my pajamas is fun," explains Sheila Ballaro, a CaptionWrite L.L.C. captionist.

Sheila lives in Texas, but takes notes daily for deaf or hard of hearing students in New York City and Bismarck, ND. It is all a part of CaptionWrite L.L.C.'s mission of helping everyone to understand. CaptionWrite utilizes software developed by the North Dakota Center for Persons with Disabilities (NDCPD) at Minot State University, which allows live events to be transcribed from a distance. Participants can have access to the event information almost immediately upon its conclusion. Although originally created for use by the deaf and hard-of-hearing, this remote real-time online captioning (RROC) service is now widely utilized by individuals with learning and language disabilities as well as those who process information better visually.

Utilizing RROC software, captionists are able to attend a student's class remotely and take extensive notes on the topics covered. The classroom teacher wears a microphone and the student has a computer in front of them. The teacher's dialogue is digitized by the student's computer and sent via the Internet to a remote captionist. The captionist types what she hears as discussions are happening, and the student is able to see those notes in real time. When the class is over, the captionist checks the notes for accuracy and then emails the file to the student for use as an aid in studying. It is a win-win proposition as the students have a type written account of topics covered in class and the captionist has the benefit of knowing they are helping these students achieve greater success in their education.

The software is extremely versatile and allows captionists and students alike to be in any part of the country. CaptionWrite student clients live in places like New York City and North Dakota, while the captionists span across Oklahoma, Kansas, Texas, New Mexico, North Dakota and North Carolina.

Students are not the only clients who utilize the technology, as it can be used to provide service to any event (meetings, presentations, courtroom activities, etc.) In addition to their captioning services, CaptionWrite also provides audio and video transcription and American Sign Language Interpreter services.

Kerri Smith, owner and Chief Executive Officer of CaptionWrite had worked for NDCPD as a captionist. She liked her job so much that when the opportunity arose for her to establish her own business using RROC, she jumped on it. "It was such a satisfying job both personally and professionally that I thought it would be a great business. I was also grateful to continue working with NDCPD and to continue with their software. It is extremely easy to understand and the help we receive from Steve Peterson and NDCPD is invaluable," says Smith.

To find out more about CaptionWrite, L.L.C visit www.captionwrite.com or contact Kerri Smith at kerri@captionwrite.com.

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

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New Freedom Program

Submitted by Andrea Olson, ND Community Action Partnership

The New Freedom Program aims to provide additional tools to overcome existing barriers facing Americans with Disabilities seeking integration into the workforce and full participation in society. Lack of adequate transportation is a primary barrier to work for individuals with disabilities. The New Freedom Program seeks to:

- reduce barriers to transportation services and
- expand the transportation mobility options available to people with disabilities beyond the requirements of the ADA of 1990.

Eligible Recipients

States and public bodies are eligible designated recipients. Eligible sub recipients are private non-profit organizations, State or local governments, and operators of public transportation services including private operators of public transportation services.

Eligible Activities

Capital and operating expenses for new public transportation services and new public transportation alternatives beyond those required by the American with Disabilities Act of 1990 (ADA), that are designed to assist individuals with disabilities. Local match of 20 percent is required for capital purchases and 50 percent for operating funding.

New Freedom funds are available from the North Dakota Department of Transportation by applying for funds through the North Dakota Community Action Partnership. Since the inception of the New Freedom Program, these grants have proven to be a great opportunity for many groups and may allow your agency an opportunity to create or expand a service for individuals with disabilities! The Community Action Partnership encourages you to communicate and brainstorm with your partners within your service area. Applications are now being accepted and can be found at <http://www.dot.nd.gov/divisions/localgov/transit.htm>. Awards will be announced within 60 days of application submission.

Please feel free to contact Andrea Olson at 701-232-2452 or via email: andreao@sendcaa.org if you have additional questions about these grant opportunities or would like to explore ideas of possible projects.

Completed applications must be submitted to:

North Dakota Community Action Partnership
3233 S University Dr
Fargo, ND 58104

Ram Good Job Award



Ram Good Job

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:

March 2011 | Julie Wetzel, EHDl Follow-Up Coordinator
April 2011 | Sue Routledge, Data Coordinator, ND EHDl Program

New Staff

Jake Carstensen is a new Research Associate with NDCPD's FamNet project. Carstensen earned his Master's Degree in Sports Management from Western California University where he was a graduate assistant coach in 2008-09. He has a Bachelor's degree from PLU in History and Political Science. Most recently, Carstensen was Asst. Director of Athletic Grounds and Facilities at the University of Georgia.

Jake Carstensen



Jamie Hardt is an administrative assistant with NDCPD and works on a variety of projects within the center. Jamie has her Bachelor's degree in Art Education from the University of Massachusetts, Dartmouth. Jamie moved to North Dakota from Massachusetts.

Jamie Hardt



Cheryl Merck is a Project Coordinator with NDCPD's Medicaid Infrastructure Grant. Merck is a Minot State University alumna with a Bachelor's Degree in Business Administration. She lives in Minot with her husband, Jeff, and two sons, Jacob and Justin.

Cheryl Merck



Minot State University would like to welcome , Thomas Orluck. Orluck, an alumnus, is a North Dakota Center for Persons with Disabilities data specialist. Previously, he worked for Office Max in Minot. He completed his bachelor's degree in business information technology from MSU in 2010.

Tom Orluck



Megan Laudenschlager, a Minot State alumna, is a project coordinator for NDCPD. She possesses a Bachelor's Degree in mathematics from MSU and has done some graduate work through Montana State University, Bozeman. She worked at Nedrose school before coming to Minot State University.

Megan Laudenschlager



Angela Richter is a training coordinator with NDCPD's Great Plains Autism Spectrum Disorders Treatment Program. Previously, she worked for the Dacotah Foundation in its Foster Grandparent Program in Bismarck. Richter completed her Bachelor's Degree in elementary education from the University of North Dakota. Her husband Chad works at Butler Machinery, they have two children, Evan and Brooklyn.

Angela Richter



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.





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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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