Featured NDCPD Project

North Dakota Disability Health II

ND Disability Health II Collaborates with other NDCPD Projects to Increase Emergency Preparedness

By Kari Schmidt, Project Director

Two NDCPD projects, ND Disability Health II and ND Money Follows the Person (MFP) project are collaborating to assist people to be prepared in the event of an emergency. The Disability Health II project focuses on emergency preparedness, health promotion, and health care access for people with disabilities. The MFP project helps people who are elderly or have a disability and wish to transition out of institutions or nursing facilities and back into the community, to find decent, safe, affordable housing in the least restrictive setting possible. The Disability Health II project provided 20 emergency kits for people transitioning in the SW quadrant of ND. The kits will be distributed by the MFP transition coordinators who are employed by the Dakota Center for Independent Living in that region.

Each emergency kit contains general emergency supplies for protection and shelter (face mask respirator, thermal blanket, poncho), communication and light (whistle, light sticks), hydration and nutrition (water pouches, food bars), and medical, hygiene and sanitation needs (first aid packet, towelettes). In addition, there is room in the bag to include items specific to each person, such as hearing aid batteries, medicine, diabetes supplies, etc. There is a checklist in each bag of other things to consider adding to the bag, as well as notes for an individualized emergency plan. A tag is attached to the outside of each kit to include contact information if they wish, which may be helpful if someone gets separated from their bag during an emergency.

The Disability Health II project also offers train-the-trainer sessions on emergency preparedness, at no charge, to all ND Centers for Independent Living. Sessions will include risk communication, evacuation planning, and continuity of services. For more information contact Brenda Munson at 1-800-233-1737, 701-858-4477, or brenda.munson@minotstateu.edu.
Healthy Lifestyles for People with Disabilities

By Brenda Munson, Project Coordinator, ND Disability Health II Project

The ND Disability Health II project at NDCPD offers Healthy Lifestyles workshops. Healthy Lifestyles for People with Disabilities is a health promotion program that uses a wellness and empowerment approach to provide healthier lifestyle behavior information and skills to adult participants of the 2-½ day workshop. Lead trainers Kari Schmidt, Emily Rodacker and Brenda Munson conduct Healthy Lifestyle workshops across the state. The curricula can be adapted to meet the needs of participants with intellectual and physical disabilities. To date, over 70 individuals with disabilities from North Dakota have participated in Healthy Lifestyles workshops.

The curriculum covers the five parts of the Healthy Lifestyles wheel which are social health, physical health, emotional health, spiritual health, and health through meaningful activities. The workshop allows individuals to describe what a healthy lifestyle means to them, identify important values, learn about specific health and wellness-related topics such as fitness, nutrition, preventing illness, decreasing stress, and building and maintaining healthy relationships, and ultimately developing individualized health goals and a plan to implement their goals. The participants work together as a group during the workshop to help each other identify barriers they may face in meeting their goals.

Participants also engage in activities that may be new to them such as massages, chair yoga, meditation, meal planning and reading food labels. The workshop offers a holistic approach to further self-determination in their healthcare choices.

Workshops were held in Minot in November 2014 and January 2015. Some goals of those participating included traveling to a horse ranch, attending a professional baseball game, taking a jewelry-making class, and taking piano lessons. The workshops are fun and engaging, and afford participants the opportunity to get to know each other and develop ongoing friendships. For more information about the Healthy Lifestyles workshop contact Brenda Munson at 1-800-233-1737 or 701-858-4477, or brenda.munson@minotstateu.edu.
How Can We Be Proactive When it Comes to Inclusive Communities?

By Neil Scharpe

In 2011, the Minot area was devastated by a flood that inundated 25% of the city’s housing structures and caused a large percentage of the population to look for alternative housing. Because of the duration of the flood and the energy expansion the city was experiencing, many of these people were left to fend for themselves. As you can imagine, people with disabilities who were living on their own had the most difficult time adjusting to this situation.

Three years later, as city officials are discussing a flood plan that will address the situation on a long term basis, NDCPD was contacted to ask how people with disabilities could be included. Dr. Brent Askvig, NDCPD Executive Director, was asked to be a part of the planning process. Dr. Askvig noted during the initial phase of flood recovery planning there were many disenfranchised groups that were not included (such as people who were homeless, low-income, and people with disabilities). While public meetings were held, many of these groups of people either could not attend because of the time of the meetings, or because they did not feel comfortable enough to participate.

Dr. Askvig pointed out the importance of asking what the needs are of these groups. He suggested scheduling times to get their direct input and holding meetings in places they will feel comfortable expressing themselves. As Minot moves forward, city officials will make an effort to capture this perspective. Wouldn’t it be great if this proactive approach to inclusion of all citizens was happening in other cities and organizations. It’s time for us all to open discussion early to assure inclusion becomes common place in planning activities.

What is an inclusive community?

An inclusive community is a welcoming environment that promotes the full participation of all members of the community.
Making a Shift to Positive Behavior Supports and Therapeutic Responses

By Mary Mercer

About 18 months ago, a work group was formed to look at how North Dakota might better prepare its community-based workforce to support individuals with challenging behavior. Providers asked for a training package that emphasized positive behavior supports, pro-active responses, therapeutic relationships, crisis prevention, de-escalation, and safe responses to dangerous behaviors. Six DD providers, the DD Division, and Protection and Advocacy partnered with NDCPD to develop a train-the-trainer course that would meet these needs. The ND Money Follows the Person Project agreed to fund the project through rebalancing dollars, but asked the group to look at how the training might reach other workforce sectors including Long Term Care and Home and Community Based Services.

In the past year, 101 trainers have been certified to teach the new curriculum. While the majority of the trainers are from DD support agencies, trainers have also been certified from Long Term Care and Mental Health entities. Participants who completed the course have been equipped with multimedia training tools to teach positive approaches and therapeutic responses to DSPs, CNAs, and other front line workers. Participants were certified to train staff for three years and encouraged to tailor the course to meet the needs of their agency and the people supported. Throughout the training experience, instructors told stories to model the approach they wanted new trainers to use. After each section, participants were urged to identify the personal stories they would use to help staff apply the theoretical aspects of positive behavior supports to their everyday interactions. Supplemental materials were provided to address specific challenges such as power struggles.

The impact of the course can be measured in the course evaluation responses. When asked what aspects of the course they found excellent and what they will apply, share with others, or investigate further, common responses included:

• Understanding why challenging behavior exists
• Giving people we serve power and control
• Being proactive! Attitude is everything
• Keying in on communication and consistency
• Avoiding power struggles; burnout prevention
• Sharing stories and real-life examples
• Focusing on prevention, building on strengths
• Matching support to the level of distress
• Using demonstrations and small group discussion

Outreach for the course for 2015 will include schools and long-term care, mental health, and DD providers. Contact mary.mercer@minotstateu.edu for more information.

What is workforce development?

Workforce development focuses on people rather than business. It addresses the needs of the people and matches workers’ skills to the needs in the community.
Self determination: It’s all in how you define it

By Stephanie Burt

Tammy is a forty-seven year old woman with severe cerebral palsy. Until 2008, she lived in her childhood home with her aging parents. In the spring of 2008, her mother passed away and her father was unable to provide the necessary care for her. Tammy decided she wanted to move out and live independently. She researched programs, apartments, and nearby towns until she found a community that met her desires and needs. Tammy is still living independently in a small apartment, but as time goes by, it is getting harder for her to maintain her independence.

Tammy can communicate verbally, but has extremely limited motor skills and uses a motorized wheelchair for mobility. As she ages, she is becoming forgetful. She struggles to remember her personal information at doctor’s offices, optometrists, and other medical providers. Often Tammy has a Home Health Aide to assist her in attending appointments and community outings. But there are times when Tammy must go to her appointments and run her errands on her own. She carries a wallet with her that contains her personal information, but it is not always possible for her to access this information due to her physical limitations. She has often stated that she does not really enjoy going out of her apartment alone, simply because she is frightened of what can happen to her if she loses her wallet or personal information, and cannot find anyone to help her. Tammy has a cell phone. Since purchasing this device, she is more willing and feels confident to be active in her chosen community.

Despite Tammy’s struggles, she strives to maintain autonomy over her life, her choices and her environment. In the past year, she fulfilled a lifelong goal. She went to an animal shelter and adopted her first dog, which she cares for, loves and adores. This small act, which many people take for granted, is an example of Tammy being self-determined enough in her life to care for and provide for another living creature and have in-home, 24-hour companionship that only an animal can provide. For Tammy who has depended on others her whole life, adopting, training and caring for a puppy is in her words, “a chance to have someone or something depend on me and not the other way around.”

What is self-determination?

Self-determination refers to a characteristic of a person that leads them to make choices and decisions based on their own preferences and interests.
Anthem Alerts Consumers to Protect Themselves from Scams

By Linda Madsen

North Dakota Blue Cross Blue Shield members may have been impacted by the Anthem cyber-attack if they received medical services in any of the states where Anthem operates. North Dakota residents should be aware of scam email campaigns targeting current and former Anthem Blue Cross and Blue Shield members. These scams, intended to capture personal information (known as “phishing”) are designed to appear as if they are from Anthem and the emails include a “click here” link for credit monitoring. These emails are NOT from Anthem.

• DO NOT click on any links in email.
• DO NOT reply to the email or reach out to the senders in any way.
• DO NOT supply any information on the website that may open, if you have clicked on a link in email.
• DO NOT open any attachments that arrive with email.

Anthem Blue Cross and Blue Shield is not calling members regarding the cyber-attack and is not asking for credit card information or social security numbers over the phone.

This outreach is from scam artists who are trying to trick consumers into sharing personal data. There is no indication that the scam email campaigns are being conducted by those that committed the cyber-attack, or that the information accessed in the attack is being used by the scammers. Anthem will contact current and former members via mail delivered by the U.S. Postal Service about the cyber-attack with specific information on how to enroll in credit monitoring. Affected members will receive free credit monitoring and ID protection services.

Recently, a Medicare beneficiary called our staff to thank her for sharing this useful information at a recent presentation where we advised the audience NOT to click on any links in emails from Anthem. The beneficiary stated, “I have been concerned about this security breach. I recently received an email from Anthem, had I not attended your presentation, I probably would have clicked on the link believing it was legitimate.”

Additional information about the cyber-attack against Anthem is available at www.AnthemFacts.com. For more guidance on recognizing scam email, please visit the FTC Website: http://www.consumer.ftc.gov/articles/0003-phishing.

What are Healthy Citizens?

Healthy Citizens strive to create a health-supportive environment, achieve a good quality of life and have access to health care.
What’s Happening?

**Sports Illustrated Honors Teen On The Spectrum**
A student runner with autism is Sports Illustrated’s High School Athlete of the Month.

**In First, Model with Down Syndrome Walks Fashion Week Runway**
Among the models strutting the runway at New York Fashion Week will be a woman with Down syndrome.

**Super Bowl Ad Features Girl With Down Syndrome**
A third-grader with Down syndrome will be front and center on advertising's biggest night of the year as part of a television commercial for McDonald's.

**HBO To Air Autism Documentary**
A new film following a group of young people with developmental disabilities as they spend months preparing to tackle the social anxieties surrounding a high school dance is headed to HBO.

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**Staff Engaged in Other Disability Community Activities**

**Codie Miller** was elected as a board member for **Companions for Children**.

**Linda Madsen** is a member of the recently formed **Statewide Aging Collaborative**.
Upcoming Trainings

For more information on any of our project-sponsored trainings, call 1-800-233-1737

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<th>DATE</th>
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<tr>
<td>March 5, 2015 &amp; March 26, 2015</td>
<td>Two Part Webinar: Autism in the Workplace—Introduction to Social Coaching by James Emmett</td>
<td>Vickie</td>
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<td>April 7-8, 2015</td>
<td>Train-the-Trainer in Therapeutic Responses through Positive Behavior Supports, HIT, Inc., Mandan, ND</td>
<td>Vickie</td>
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<tr>
<td>May 6-8, 2015</td>
<td>ND Assn of Community Providers 27th Annual NDACP Conference Creating Inclusive Communities Ramada Plaza, Fargo, ND</td>
<td>Vickie</td>
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Personnel Corner

NDCPD’s RAM Good Job

December
Jolene Orluck

January
Christine Brigden

New NDCPD Hires

Jana Nelson
Computer Tech Specialist

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.

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