NDCPD Training Events & CD Casts

**Training Workshop:**
Contact Cheryl Rystedt @ 800-233-1737

**Customizing Employment for Individuals with High Support Needs** by Steve Savage

- **Date:** November 8, 2007
- **Site:** Comfort Inn, Bismarck, ND

**CD Casts:**
Contact Teri Aufforth @ 800-233-1737

**Promoting Wellness and Healthy Lifestyles for Adults with DD** by James Rimmer

- **Date:** Thursday, October 25, 2007
- **Time:** 1:00-4:00 PM

**Age Appropriate Transition Assessment**
by Gerry Teevens

- **Date:** Tuesday, November 20, 2007
- **Time:** 2:00-4:00 PM

**Disaster and Emergency Preparedness for Individuals with DD** by Rich Berg & Gwen Beckler

- **Date:** Thursday, December 13, 2007
- **Time:** 1:30-3:30 PM

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**Got Good Health? What’s Obstructing You?**

Kari Arrayan, Program Director, North Dakota Disability Health Project

Vickie, a woman who uses a wheelchair, wants to join a weight loss center but is told the center cannot accommodate her weigh-ins since she can’t stand on the scale. Mark lives in a residential group home and has never received information about the benefits and risks of getting an influenza vaccination. Beth cannot call the clinic to change an appointment because she is deaf and the receptionist does not have access to a TDD/TTY system. Linda would like to take advantage of the mammography screenings taking place in her rural community, but she has difficulty maneuvering up stairs due to cerebral palsy, therefore she can’t get into the mammography bus.

These situations provide a snapshot of some of the challenges and gaps in healthcare and wellness services experienced by people with disabilities. Accessibility is more than an elevator, a ramp into a building, or a larger toilet stall. It includes equipment, information, programs, and policies. Providing services and information to all people including those who have disabilities is the focus of the new North Dakota Disability Health Project. The project, funded for five years by the Centers for Disease Control and Prevention (CDC), will promote the health and wellness of North Dakota (ND) citizens with disabilities and prevent or lessen the effects of secondary conditions associated with disabilities. The North Dakota Center for Persons with Disabilities (NDCPD) at Minot State University will be the lead agency for the project, but will work collaboratively with the ND Department of Health and the Center for Rural Health at the University of North Dakota.

There are approximately 100,000 ND residents with disabilities and many of these individuals have health issues associated with a disability. Many North Dakotans today are healthier and live longer than ever before. However, many residents who have disabilities do not have the same access to care and information that makes good health possible. The ND Disability Health Project will examine health disparities between people with and without disabilities. That will include looking at access to, as well as the quality of, healthcare. In ND, 18% of a survey population (BRFSS data, 2006) reported limitations from a physical, mental, or emotional problem. About 38% of these respondents described their health as being fair or poor compared with just 7% of the...
in a variety of communities in the state to gather input for development of the strategic plan. Health promotion activities will include providing technical assistance, information dissemination, public service announcements, presentations, information booths, committee work, and staff training.

The ND Disability Health Project will focus on providing North Dakotans with disabilities increased knowledge and access to services and information to make health decisions that will improve their overall health and wellness and minimize secondary health conditions. For more information about this project contact Brent Askvig, Principal Investigator or Kari Arrayan, Program Director at 1-800-233-1737 or 701-858-3580.

The ND Disability Health Project staff have established a state office on disability health at NDCPD. This office will provide a system of statewide data collection, analysis and reporting on the health and wellness of ND citizens with disabilities. It will also develop a comprehensive strategic health plan, develop and implement collaborative activities in health promotion, and improve access to healthcare and wellness programs for persons with disabilities.

The project will form a consumer-driven advisory council that will review project progress, review data related to the health of people with disabilities, identify issues, and provide recommendations for changes. In year one of the project a strategic plan will be developed that will guide project activities for the remaining four years. Focus groups will be conducted in a variety of communities in the state to gather input for development of the strategic plan. Health promotion activities will include providing technical assistance, information dissemination, public service announcements, presentations, information booths, committee work, and staff training.

The following are some of the strategies for fostering connections in the workplace (Amado, 1993; DiLeo, Luecking, Hathaway, 1995).

**Strategy: Assist the employer to facilitate, enhance, or expand the existing strategies and resources for support and accommodation within the employment setting and culture.** When businesses and organizations assume hiring, training, and supervision of workers with disabilities, the opportunities for relationships increase. Long-term employment outcomes are more likely to occur when employment supports originate in the workplace (i.e., mentoring, co-worker support, company trainers). Job coaches with expertise in natural support practices can offer common-sense solutions to employers who accept people with disabilities as part of their team. When natural supports are provided on the job the employee’s status is elevated from “client” to “employee.”

**Strategy: Minimize “human services” on the job.** Being perceived as “different” is frequently a cause for isolation in the workplace. However, it isn’t always the disability itself, but the language and approaches used when providing employment supports. While some employees may require unique accommodations for success, as much as possible avoid:

- Excessive data collection and behavior support plans or reinforcement systems that are stigmatizing
- Group placements
- Ongoing job coach presence
Disability Justice Initiative

By Kari Arrayan, NDCPD Project Director

In October 2002, the North Dakota Center for Persons with Disabilities (NDCPD) collaborated with the ND Protection & Advocacy Project (P&A) and the State Council on Developmental Disabilities to launch the Disability Justice Initiative (DJI) project. The purpose of the DJI project was to conduct an intensive search for solutions to the problems experienced by people with intellectual disabilities. He selected renowned researchers and clinicians to develop a nationwide system of university-based services to guide professionals in the field of developmental disabilities and to enhance the quality of care made available to individuals with intellectual disabilities. The initial report in 1962 was extremely thorough and contained 112 recommendations in such categories as research, preventative health measures, strengthened educational programs, and more comprehensive/improved clinical and social services.

The panel’s report gave way to the development and passing of the Mental Retardation Facilities and Construction Act of 1963 (Public Law 88-164) which, among other things, authorized funding for developmental research centers in university affiliated programs such as the North Dakota Center for Persons with Disabilities located on the Minot State University campus.

The panel’s report also indicated a need for community facilities for individuals with intellectual disabilities. Community mental health centers were established in an attempt to meet the needs which were discussed in the President’s Panel on Mental Retardation. These were planned to offer prevention, early management and continuity of care in communities and supported social incorporation of people with mental health needs. President Kennedy’s Panel on Mental Retardation was one of the first and largest federal acknowledgements of the increased need for research and support of people with developmental disabilities.

Sources for Disability History Fact:
http://www.aucd.org/about/history.htm
http://cdl.unch.unc.edu/centerMissionHistor.aspx
http://www.minddisorders.com/B-E-Br-Del/Community-mental-health.html

For Your Information (FYI)

Promoting Wellness and Healthy Lifestyles for Adults with DD

Audio Conference

Speaker: Dr. James Rimmer, Director of the National Center on Physical Activity and Disability

Date: October 25, 2007 from 1:00 - 4:00 PM Central Time

Abstract: This session will present information related to people with DD as a group who are facing a health crisis. They experience a higher rate of obesity and related health problems, have sedentary lifestyles, and are at increased risk of premature death. Learn how to assist people to adopt healthy lifestyles and wellness routines.

Registration: Information @ http://ndcppd.org/events/pdf/Promoting%20Wellness%20Brochure.pdf

For additional copies of the Collaborator contact Cynthia Salazar at 1-800-233-1737.
Please feel free to copy and distribute articles or excerpts from The Collaborator, provided the following acknowledgement is used: Used with permission from the North Dakota Center for Persons with Disabilities, a center of excellence at Minot State University, Minot, North Dakota, USA.
Successful inclusive programs are dependent on the utilization of strategies which support student learning. For more information about how the RROCS can be implemented to support students with diverse learning needs, please contact: Steve Peterson or Andre Miller @ 1-800-233-1737.

*** WE CARE ***

Winners for the WE CARE program for July and August are Eleanore Lee and Bryce Fitzfeld both of Minot. They won gift certificates for Sevens Restaurant. 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/Acces Scholarship fund.

Also, special thanks to our sponsors who donate gifts that are used for the WE CARE and other fundraising events. Our sponsors include: Brown & Saenger, Burger King, Dairy Queen (North), Hartlees, Headquarters, Herberger's, KFC/A&W, MarketPlace Foods, Minor State University, Minor Visitor's Bureau, Papa Murphy's Pizza, Point of View Winery, Royal Fork, Scheels All Sports, Sevens Bar & Restaurant, Simonson's, SRT, and Taco Johns.

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 questions, please contact Rich Berg at 701-858-4349 or rch.berg@minotstateu.edu.

New Faces at NDCPD

NDCPD welcomed Allyson Mayer in August as a graduate assistant for the ND Senior Medicare Patrol (SMP). She will be responsible for assisting project staff with tracking and reporting project activities and participants using the national SMP database. Allyson is originally from Minot, ND. She is married and has 3 children.

October Celebrates National Disability Employment Awareness Month

Williston State College, Gym & Green Room

The Committee on the Employment and Advancement of People with Disabilities (CEAD), formerly the Mayor's Committee on Disabilities, is hosting a Disability Awareness Fair. This event is open to the community and will provide information regarding disability issues and the resources available in the community. For more information contact Janelle Olson, CEAD @ 701-774-4345.

October 23, 2007 – Bottineau, ND

Student Transition Fair – 6:00pm-8:00pm
MSU Bottineau Campus, Usbaker Hall, Room 2226, Centennial Alumni Center

If you are a student with a disability or a parent, plan to attend the Region II Transition Council's Student Transition Fair to learn about transition services from area agencies and organizations. For more information call Sue Ogurek, Direct Services Coordinator with Independence, Inc. @ 701-839-4724 or 1-800-377-5114.

October 24, 2007 – Minot, ND

ADA Basics Seminar for Employers – 9:00am-11:00am at the Sleep Inn & Suites

This seminar sponsored by local providers will cover the basics of ADA including reasonable accommodations, credits and deductions, obligations of businesses and employers, alternative to barrier removal, and effective communication. To register contact Therese Besemann, Systems Change Specialist @ 701-839-4724.