



ILLINOIS EMPLOYMENT FIRST UPDATE 8/10/17

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1. WEBINARS:

- **Reasonable Accommodation - A Focus on Small Employers**

The NIDILRR-funded [Northeast ADA Regional Center](#) will host a webinar, [Reasonable Accommodation: A Focus on Small Employers](#), August 11th, 1-2pm ET. Many small employers may believe that reasonable accommodation for employees with disabilities is cost prohibitive. In reality, most employers report low or no cost when making accommodations. This webinar will explore the misunderstandings and best practices of particular relevance to small employers when accommodating employees with disabilities in and around the workplace. Registration is free and required.

- **Putting Accessibility Law in Your Pocket**

The NIDILRR-funded [Great Lakes ADA Regional Center](#) will host a webinar, [Putting Accessibility Law in Your Pocket: The Digital Accessibility Legal Update](#), August 15th, 2-3:30pm ET. This webinar will cover recent legal developments involving the civil rights of people with disabilities to access digital content, including websites, mobile applications, and information kiosks. Presenters will discuss current news about court decisions, settlements, laws, and regulations impacting digital accessibility. Registration is free and required by August 14th.

- **Webinar – Special Population Series: Connecting Veterans with Disabilities to Employment**

Tuesday Aug. 15 at 2:00 pm EDT

The National Veterans Technical Assistance Center (NVTAC) is hosting the webinar “Connecting Veterans with Disabilities to Employment” on **Tuesday, Aug. 15 at 2:00 pm EDT**.

Approximately one third of all veterans have a disability of some kind – physical and/or mental – with even higher rates for veterans of recent conflicts. Veterans with disabilities are less likely to be employed than their counterparts without disabilities. The employment outlook for homeless veterans is even worse given the complexity of employment barriers, including disabilities, they face. This webinar will discuss efforts at the federal level to promote employment for individuals with disabilities and explore the IPS Supported Employment and Customized Employment models for helping individuals with mental illness gain employment. Additionally, webinar participants will receive a demonstration of a web portal housing disability employment statistics and policies by state.

The webinar will feature Christopher Button, PhD and Rose Sloane from the DOL’s Office of Disability Employment Policy (ODEP), and Sarah Swanson, from the IPS Employment Center at the Rockville Institute, Westat.

TO REGISTER FOR “Special Population Series: Connecting Veterans with Disabilities to Employment”

Go to <https://attendee.gotowebinar.com/register/7074438517451449089> and complete the registration form.

You will receive instructions for joining the training when you register. For additional questions, please contact hvrp@nchv.org.

- **Join the National Council on Tuesday, August 15 from 1:30 to 2:30pm ET for Addiction in Older Adults – Overlooked and Undertreated**. This webinar will highlight the prevalence of substance use disorders among older adults, and provide considerations for screening and treating substance use disorders among this population. After the webinar, participants will be able to:
 1. Identify national trends on substance use disorders amongst older adults
 2. Understand the concepts of substance use disorders and wellness as they pertain to older adults
 3. Recognize evidence-based screening tools and treatment services for substance use disorders in older adults

[REGISTER HERE](#)

- **PEAT Talks: Making Tech Fields Accessible**

Thursday, August 17, 2pm-3pm ET WEBINAR

[EvoXLabs](#) founder Ather Sharif will discuss his experiences in making tech-focused workplaces more inclusive, from building technology solutions to how and why EvoXLabs developed a partnership with [Access Computing at UW](#) that connects students with disabilities with mentors and internships in tech.

[Register Now](#)

- **Please join SILC and Equip for Equality on Wednesday, August 30th from 1 - 3pm for a viewing of the documentary "Bottom Dollars" which focuses on the need to eliminate sub-minimum wages for all people with disabilities in all environments.**

The 1 hour long video is captioned and descriptive. We will follow with a live Q & A session facilitated by

Equip for Equality.

Registration is free.

Join us by clicking on the link <https://incil.adobeconnect.com/silcsmw>

**Can I get the Recipe?
Adding Lived Experience to Research.
Doors to Wellbeing Peer Specialist Webinar Series
August 29th (2PM ET/ 1PM CT/ 12PM MT/ 11AM PT) (60 minutes)**



Can I get the Recipe? Adding Lived Experience to Research

Laysha Ostrow, PhD, CEO Live & Learn, Inc.
Ever wonder what we're talking about when we talk about the effectiveness of peer support? Me too! Sometimes it seems unclear what the research is asking, but we all know that how you ask influences the answer that you get. Join us to learn how the role of first-hand

lived experience in evaluation research is related to the future of peer support.

Workshop objectives:

- Provide participants with real-life examples of research that supports value of peer workers
- Highlight the importance of lived experience in research
- Relate research approaches to documenting knowledge about peer support

Certificates of Participation for 60 Minute Webinar Available

Registration is free - but you must register to attend!

[Click Here to Register!](#)

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Employment First State Leadership Mentoring Program (EFLSMP)

Community of Practice (CoP) Monthly Webinar

New Date: September 6, 2017, 3-4:00 ET

<http://www.econsys.com/eflsmc/copwebinar/>

Topic: Employer's Perspective: Hiring and Developing Employees with Disabilities

Businesses are adopting innovative strategies that encourage the recruitment, hiring, and development of people with disabilities. Hear from Jeremy Shapira, Special Projects, Inclusion and Diversity at Giant Eagle, Inc., on innovative ways his organization has made hiring and including people with disabilities as part of their workplace culture.

Webinar Objectives

- Learn effective ways to approach and build partnerships with employers in your community.
- Understand the challenges and concerns in order to make the partnership work.
- Learn how Giant Eagle has made hiring and developing employees with disabilities part of their workplace culture.
- Learn how Giant Eagle has created a system to support workers with disabilities to become successful employees.

Special Guest: Jeremy Shapira, Special Projects, Inclusion and Diversity, Giant Eagle, Inc., Pittsburgh, PA



Jeremy Shapira manages Giant Eagle's Inclusion and Diversity strategy. He grew up in Pittsburgh and went to college in Philadelphia to study art history. During a 10-year stint in New York City, he worked in the theatrical design, advertising and non-profit fields. Ten years ago he moved back to Pittsburgh to be with his family and work at Giant Eagle. He has had various responsibilities since then including leading the HR strategy for the Company's Market District and GetGo brands as well as leading talent acquisition and customer

service.

Building on Giant Eagle's 40-year history of employing people who are differently abled, Jeremy leads the Company's differently abled inclusion strategy. Currently, he is focused on supporting and expanding the "embedded specialist" project in each of the Company's major markets and leading its Abilities Business Resource Group. Additionally, he is testing a job-carving strategy for people with more significant challenges at GetGo as well as ways to employ more people who are differently abled in Giant Eagle's distribution centers.

Jeremy serves on the board of Achieva, Pittsburgh's largest differently abled services organization as well as Squirrel Hill Health Center, a Federally Qualified Health Center serving Pittsburgh's immigrant and refugee populations. Additionally, Jeremy leads Giant Eagle's United Way campaign, raising nearly two million dollars every year for the Pittsburgh community.

Webinar Procedures

1. In advance of the webinar, we strongly recommend you test your connection and review the [Adobe Connect Instructions and Troubleshooting Tips](#)
2. On the day of the webinar, enter room here: <http://www.econsys.com/eflsmc/copwebinar/>
3. In the GUEST field, enter your **first and last name followed by state abbreviation (i.e., Jeff, Smith, DC)**.
4. To connect your audio, follow the prompts to enter your phone number (direct line), and the system will immediately call you back (see [step-by-step instructions](#))
5. If you are unfamiliar with Adobe Connect, please review these [tips](#) before participating.

- **Join The Arc of Illinois for a lunchtime learning opportunity! Our first lunchtime webinar is scheduled for Tuesday, September 12th at noon, and will feature Corporation for Supportive Housing and the work they do to expand supportive housing for people with intellectual and developmental disabilities in Illinois.**

Who: The Arc of Illinois, Illinois Life Span Program
What: Webinar on Supportive Housing – What is Supportive Housing and How Does It Work?
When: 12:00 – 1:00 PM, Tuesday, September 12th, 2017
Where: Register to participate online at:
<https://attendee.gotowebinar.com/register/595371637025861634>

Join us from Noon to 1:00 PM on Tuesday, September 12th to learn more about Supportive Housing from Julie Nelson and Corporation for Supportive Housing! At CSH, Julie works to expand supportive housing as an option for people with intellectual and developmental disabilities. She also works on initiatives focused on using housing as an intervention to improve health.

Please contact The Arc of Illinois at 815.464.1832 if you have questions or need any additional information. Thank you and hope you can join us to learn more!

2. TRANSITIONS AGED YOUTH-COLLEGE FOCUS



Mental health issues are on the rise on college campuses across the country.

Through [MHAScreening.org](https://www.mhascreening.org), MHA discovered **78% of students screen positive for a mental health problem** and screen positive at **higher rates** for anxiety, depression, *and* PTSD than the general population.

[Life on Campus](#) is a year-round program MHA actively promotes in the fall and spring semesters as an education effort with web-based information for college-aged youth.

This year, [Life on Campus](#) provides guidance for recent graduates who might find themselves a little lost now that summer vacation is ending, the graduation celebrations are over, and there's no "next semester" left:

- **[You've Graduated College. Now What?](#)**

After years of work you've finally got the degree to show for it—definitely an accomplishment worth celebrating. But unless you're going straight to back to school for another degree, once the graduation parties are over it's time to take what you've learned and become a productive member of society.

- **[Taking Fitness Too Far for the Summer](#)**

When we're constantly bombarded with photoshopped images, models on Instagram telling us the latest must-have diet and workout routine, and advertisements and messages suggesting that if we do not look a certain way we are unworthy of love or belonging, summer - a time that may have been focused on relaxation and fun in the past - can take on an entirely different meaning.

Check out all of MHA's [Life on Campus](#) for more information, tips, and resources for college students:

- **[Take a Screen to Check Up on Your Mental Health](#)**
- **[What's Your Plan? College with a Mental Health Disorder](#)**
- **[Balancing Work and School](#)**
- **[Taking a Leave of Absence: What You Need to Know](#)**
- **[Sleep and the Student - College Concerns](#)**
- **[Stressed or Depressed? Know the Difference](#)**
- **[Boost Your School Performance by Taking Care of You](#)**
- **[Top Ten Freshman Year Issues \(and how to deal with them\)](#)**
- **[Alcohol, Substance Abuse and Depression](#)**
- **[Winter Break Survival Tips for College Students](#)**

Do you know someone who is starting college this month? [Share MHA's Life on Campus and provide them with helpful tools to stay healthy this semester](#)

- **Outside-the-Box Accommodations in College**

The NIDILRR-funded [Rehabilitation Research and Training Center on Learning and Working During the Transition to Adulthood](#) has posted a two-part video, Outside-the-Box Accommodations in College, featuring interviews with a Certified Rehabilitation Counselor. [Part 1](#) provides information about college accommodations and how they can support college students with mental health conditions. [Part 2](#) defines academic accommodation and cites examples of different types of accommodations available to students with disabilities. These videos are part of the [Comeback TV](#) series. This project is also supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

3. ODEP EFSLMP INSIGHTS, ARE PARENTS JOB DEVELOPERS? & RECOMMENDED CHANGES TO GUIDE PEOPLE W/MH DISABILITIES TOWARD EMPLOYMENT:

Illinois is in its 3rd year of the Employment First State Leadership Mentorship Program. We have been working with several subject matter experts who have helped us with Employment First Provider Transformation, capacity building and policy development-special subject matter “insights” are now being offered.



Katherine Carol



Thought leader, innovator, and provocateur are just a few words which capture Katherine Carol’s passionate persistence to improving the lives of people with disabilities. Katherine and her daughter, Mikelle, have been advocating technology as a necessity for people with disabilities to experience full and prosperous inclusion in the 21st Century community. Katherine and Mikelle have been informing and mentoring families on successful transition practices on their blog, www.TheShiningBeautifulSeries.com. They are founding members of Families at the Forefront of

as Apple and Google to shape 21st Century Rehabilitation strategies and solutions. Among many of Katherine's various roles, she currently serves as a board member for the Washington Initiative for Supported Employment, is a council member for the Colorado Rehabilitation Council and is co-chairing Colorado's Employment First efforts. Katherine Carol was a featured CoP Webinar presenter in June. If you missed the webinar, you may view it [here](#).

Are Parents Job Developers?

I don't know, but I think so. After all, who knows our kids better than us (parents)? Below are my thoughts on why parents might be their child's best job developer:

1. **Parents are great negotiators.** We can spot an opportunity like no one else and can cast a bright spotlight on a dark problem, especially when it comes to denying our family members their fair share of opportunity.
2. **We take charge, often out of necessity.** Even if we don't see ourselves as leaders, we need to step into the unknown world of insurance, medical jargon and procedures, and often challenging educational systems. With perseverance, we ask questions, explore options, find solutions, and in the process build teams of professionals with community support.
3. **Parents understand their family member's preferences and hobbies.** Given a little knowledge and support from other employment practitioners, we can assist in creating a job, a hobby, or small business for our loved one.

As professionals working in the education and rehabilitation field, when families expect our students and young adults to work, chances are they *will* work.

Encourage families in the following ways to become involved in job development:

- **Start a "Launch Fund."** A launch fund is similar to a college fund. Start small. A few dollars a week can add up quickly and provide the funds for a micro business loan. Have literature available on setting up an [ABLE Account](#) in your state.
- **Look for summer jobs and internship opportunities.** These don't have to be full-time positions to start. [Project Search](#) provides internship opportunities in the health care field. My daughter, Mikelle, was a paid summer intern at the Botanic Gardens assisting school children in learning about gardening and giving directions to visitors. Shoot for at least ten hours a week at a place your son/daughter is familiar with, visits frequently, and is comfortable. Think about the location of your first job, consider the

local gym, art gallery, pet store, automotive and repair shop, or recreation center.

Now let me tell you a little secret; when I helped Mikelle get her first job when she was 16, I investigated summer jobs programs for typical teenagers and asked them to include Mikelle. While these programs have little experience in working with students with disabilities, they were willing to learn with support.

I collaborated with the transition coordinator to obtain funds typically used for “extended school year” *aka* “Summer School.” Most students with special needs are eligible for these funds, and they can be used to pay a part-time job coach, often the paraprofessional who works with the student during the school year.

Also, encourage parents to map out their community for job possibilities. As parents go about their daily routines, teach them to spot opportunities and give you a list of employment options to explore.

You could suggest parents explore small business opportunities like lawn mowing, errand running, garden watering, lemonade stands, pet sitting, dog walking, or leave raking. Implore them to share their ideas with you.

If their family member is tech savvy, consider helping a small business with social media postings, video editing for YouTube, or teaching seniors how to navigate their new smartphone. Be creative.

If you are not sure if families are ready for job development. Consider this startling reality: high school may be their family member’s peak life experience. When I heard that fact, I panicked. This shocking information set me into action. Determined, I reached out to friends and family to help Mikelle achieve her graduation goals. Install action-oriented, person-centered planning techniques as soon as you can.

Be patient. Just make a start. Every family has a story and culture. Every family has a genius, and it is our job to discover it.

Next Steps: Engaging Families

1. **Support by getting paperwork in order.** High tech or low tech, it doesn’t matter. Gather relevant paperwork such as Social Security cards and correspondence, Individual Educational Plans, Individual Transition Plans, medical records, and necessary financial information (like child support payments) together in an accessible and portable filing system.
2. **Help them contact Vocational Rehabilitation** before the student turns 18 to determine eligibility – the earlier, the better. Invite a Vocational Rehabilitation Counselor to the student's transition planning sessions.
3. **Continue to engage in financial planning discussions.** Start learning about Social Security benefits and work incentive programs. The Social Security system is complicated. Ask for guidance when sending in your application. Give yourself time to learn the ropes and find an experienced parent or provider to help you. Follow this link for more information:
http://www.ssa.gov/schoolofficials/faqs_students.htm.
4. **Assist families in gathering letters of recommendation from teachers,**

clergy, volunteer experiences and recreational camp counselors. Place them in a portfolio and scan them onto a personal and password protected website. Personal websites for storing records, creating portfolios and communicating between providers, individuals, and families are an emerging trend.

5. **Ask parents to provide examples and pictures of their family member participating in their community.** For example, if a family member enjoys technology, show them using it. If it is athletics they love, take pictures of their sporting activities. If they love church and are part of a Bible study, show them in worship with other folks in the congregation.
6. **Look for trailblazers.** Preparation is essential as you travel the road to transition. Experienced parents and professionals can guide families as they negotiate the adult service delivery system.
7. **Help families connect with other active and action-oriented parents.** My daughter has reached her life goals, so far. However, Colorado is in the midst of transforming the service delivery system. Every few weeks, I reach out to my list of parent experts seeking new information.

Finally, approaching employment for people with disabilities is part of a **parent's continuing education program**, just like your professional development. Make sure the families you support have access to the best practices and current trends.

With a little luck, a bit of creativity, and a dose of persistence—parents can be the best job developers.

We encourage you to share this posting with your colleagues. If they are not current subscribers to our mailing list, sign up are [here](#).



Virginia Selleck, Ph.D.



Virginia Selleck, Ph.D., has worked in the rehabilitation field for over 40 years. She has experience in psychiatric rehabilitation and recovery systems reform, program development, implementation, funding issues, legislation, and policy. Dr. Selleck has held leadership positions in state government (in Minnesota and Missouri), and with community mental health providers (in rural Illinois, urban Chicago, and St. Louis).

Dr. Virginia Selleck was a featured CoP Webinar presenter in May. If you missed the webinar, you may view it [here](#).

Recommended Changes to Guide People with Mental Health Disabilities Toward Employment

People with mental health disabilities in the public mental health system are unemployed at the shockingly high national average of 82% as reported by the Substance Abuse and Mental Health Services Administration. This is especially concerning because studies have revealed that around 65% of those surveyed would like to work; the reasons for high rates of unemployment deserve scrutiny.

There are several interconnected issues that should be considered, and everyone who works in the system or is affected by it has an opportunity, even if slight, to make a difference in these issues.

Mental health service providers have a hard time getting reimbursement to provide the needed services and supports. The Medicaid authorities are complex and require careful cross departmental and divisional work at the state level and are further vetted by Federal agencies. There is a need for a clear roadmap for states to facilitate and incentivize their work in this area. The Centers for Medicare and Medicaid Services (CMS) could be helpful in this regard, by summarizing and publishing specific ways Medicaid can support employment services.

Persons served in the mental health system have been discouraged from seeking work, both because of erroneous historical beliefs that work would be too stressful, and a lack of understanding that employment is one of the social determinants of health. People receive Social Security Disability Insurance after doctors stipulate they are unable to work, and often, this message is construed by the person served to mean it is unwise for him/her to work or even dangerous to his/her mental health. It would be helpful if doctors, when working with individuals who are applying for disability benefits, to indicate that recovery and employment are indeed possible and that rehabilitation services can assist them.

The mental health system has not seen employment as part of its core mission since the founding of the Community Mental Health Center movement. Thus, staff of these agencies are not very knowledgeable about Workforce services (thru the Department of Labor) and typically do not do a good job of linking clients with them. Conversely, the Workforce system has lagged in accessibility for people with mental health disabilities. While mental health agencies do refer to VR, the relationship between the systems is variable by state and even local regions.

The implementation of the evidence based practice of Individual Placement and Support- Supported Employment within mental health agencies is a very hopeful development, and when done according to fidelity, results in employment outcomes exceeding 60% of those served. However, not all individuals need this intensive practice, and could be well served by way of collaboration with the workforce system. This strategy is being tested in Missouri under the EFSLMP Vision Quest this year.

One path forward: People working in the public systems concerned have an opportunity to look inward at how they present (or don't present) employment as an option to persons served, or if working in policy arenas to examine rules and policies to look for disincentives to employment with an eye to surfacing them and changing them. We must all remember that the systems we have were created by people just like ourselves, in the past who did not have the benefit of our knowledge about the recovery value of employment. So we should empower ourselves to change what we can, within our particular sphere of influence.

4. DISABILITY EMPLOYMENT STATISTICS

nTIDE July 2017 Jobs Report: Job Gains for Americans with Disabilities Contribute to Strength of Labor Market

Kessler Foundation & University of New Hampshire release nTIDE Report – Monthly Update
East Hanover, NJ –August 4, 2017. Sustained job growth for Americans with disabilities contributed to the upward trend in the labor market, according to today's National Trends in Disability Employment – Monthly Update (nTIDE), issued by [Kessler Foundation](#) and the [University of New Hampshire's Institute on Disability](#) (UNH-IOD). This extends the record trend to 16 consecutive months for this population. Integrating resources and strategies among stakeholder groups, including funders, government agencies, community organizations, and employers, is essential to meeting the needs for accessibility, job training, and extended support services for people with disabilities in the workplace. National leaders in disability employment are coming together with a shared commitment to maximize the impact of the many and varied funding streams.

national Trends In Disability Employment:
Comparison of People With and Without Disabilities
(July 2016 and July 2017)



July 2017	Labor Force Participation Rate		Employment-Population Ratio		
	July '16	July '17	July '16	July '17	
	 PWD % change ↑ 3.4	32.0	33.1	 PWD % change ↑ 5.7	28.1
 PWOD % change ↑ 0.6	77.1	77.6	 PWOD % change ↑ 1.1	73.3	74.1

* PWD – People with disabilities; PWOD – People without disabilities
Source: Kessler Foundation/University of New Hampshire Institute on Disability

5. **CONFERENCES & TRAINING:**



HOPE.
Your Story Doesn't End Here
Uniting Our Voices, Strength and Recovery

**McHenry County Suicide Prevention, Mental Health
Wellness & Recovery Conference**
Friday, September 15, 2017

The McHenry County Mental Health Board is partnering with the Suicide Prevention Task Force at the first Suicide and Mental Health Recovery Conference to promote public awareness of mental health concerns, the prevalence of suicide and substance abuse in our communities - as well as learn about Hope, Empowerment and Recovery. The theme is Uniting Our Voices, Strength and Recovery. Over 20 behavioral health and education exhibitors are participating. Professionals and community members are all encouraged to attend.

Free CEUs and Complimentary Lunch provided.

INFORMATION & REGISTRATION

- **The Arc of Illinois, Living with Autism Conference, October 3, 2017, Hilton Hotel, Lisle, IL**

9:00 – 11:00 a.m. “Life, Animated” Ron Suskind

- Ron is a parent and the author of the award winning book: **“Life, Animated: A Story of Sidekicks, Heroes and Autism.”** Ron will share his family’s two-decade struggle with regressive autism and their transformation. Through his story he will share the Suskind motto *“your passion is your pathway,”* which now helps guide educators, therapists and parents in tapping the deep potential in us all.

****Life Animated was turned into a documentary and nominated for an Academy Award!**

11:15 – 12:15 p.m. “The Problem with Behavior Problems: Supporting Students with Autism & Other Disabilities” Paula Kluth, Ph.D.

- Paula will provide fresh ways to think about “behavior problems” in inclusive schools. She will discuss how educators, families, and other care-takers can avoid challenging moments by listening, teaching, collaborating and thinking outside of the box.

12:15 – 1:15 p.m. Lunch (included in registration) **& Networking**

if you have a special dietary need, you must tell us prior to the event

1:15 – 2:15 p.m. “The Problem with Behavior Problems” (continued)

2:30 – 4:40 p.m. “A Moment in Their Shoes, a Lifetime of Learning” Mo Buti, M.Ed.-BD, M.Ed.-ADMIN, QIDP

- Mo’s 26 years in special education has taught her so much! She will share stories from the special people she has met along the way and explain how she uses their stories to teach more effectively. The audience will leave with new ideas on strategies for working with children and adults with autism.

-6 CEU’s available for professionals

-6 CPDU’s available for teachers

-There is an additional cost of \$10 per person

For more information or to register for the conference [click here](#)

To view the full brochure [click here](#)

- There is financial assistance available for self-advocates and families.

****For information on how to apply for a Consumer Involvement Stipend [click here.](#)**

If you have any questions please call our office at (815) 464-1832.

- **UPCOMING: McHenry County Mental Health Board Network Trainings**



Mindfulness Training

presented by Julie Gibson

We live in a busy, demanding, beautiful world where stress and anxiety are common. In this 3-hour course you will learn and/or expand your knowledge of reliable, evidence-based tools to work skillfully through life’s challenges...and increase your awareness and compassion! Friday, August 11, 2017 from 9:00 am to 12:00 pm at the Mental Health Board. [Please click here for information and to REGISTER.](#)



The Therapeutic Benefits of
Humor in Counseling
presented by Mark Sanders

In this informative and fun presentation you will learn; how laughter can help clients deal with physical pain and medical illness; how laughter can improve client's physical, emotional, mental and spiritual health; how to use humor to increase rapport and decrease resistance to counseling; how to use humor in individual, group and family therapy; how to use humor to increase organizational morale. Friday, August 18, 2017 from 9:00 am to 12:00 pm at the Mental Health Board. [Please click here for information and to REGISTER.](#)



Put Your Own Mask on First presented by Bob Zima

This dynamic and interactive workshop focuses on teaching participants that a solid understanding of when embracing one's personality, temperament and life story is vital to building resiliency and self-care plans needed to function effectively in behavioral healthcare. Friday, August 18, 2017 from 1:00 pm to 4:00 pm at the Mental Health Board. [Please click here for information and to REGISTER.](#)

6. RESOURCES



- **What's New at NARIC?**

Did you know you that the resources we use every day to assist our patrons in finding supports and services are available on our website? We have [Librarian's Picks](#), 17 topic-focused brochures featuring organizations, agencies, and online tools selected by our information specialists. We also have a collection of [Disability Resources](#), which we refer to when answering a caller's questions about finding a support organization, a benefit program, an agency, or a facility in their area. You can also try the [Knowledgebase](#), a searchable database of more than 2,600 disability, independent living, and rehabilitation resources available across the US and around the world. Our [information specialists are available by phone, email, or chat](#) Monday to Friday, 8:30 to 5:30 ET to help, too!

- On July 26, 2017, the Department of Justice published "[27 Years of the Americans with Disabilities Act](#)," a document that provides brief case highlights about the Department's Americans with Disabilities Act (ADA) enforcement efforts this year. The document recognizes the ADA's 27th anniversary and notes the Department's role in advancing the ADA's goals of ensuring equal opportunity, full participation, independent living, and economic self-sufficiency for people with disabilities.

To find out more about the ADA, call the Justice Department's toll-free [ADA Information Line](#) at 1-800-514-0301 or 1-800-514-0383 (TTY), or access its www.ada.gov website.

- **Women and SCI**

The NIDILRR-funded [Northwest Regional Spinal Cord Injury System Center \(NWRSCIS\)](#) has posted a new video, [Women and Spinal Cord Injury \(SCI\)](#), part of the [SCI Forum Video series](#). Because women make up only 25% of all people with spinal cord injuries, they may often feel that their needs are not addressed, and they may have a hard time getting answers to their specific questions about health issues unique to their gender. In this panel discussion, five women with spinal cord injuries shared their experiences and offered useful information about staying healthy as a female living with a spinal cord injury.

- **World Federation for Mental Health Offers Packet of Materials for World Mental Health Day**

The World Federation for Mental Health has announced the theme for World Mental Health Day, October 10, 2017: *Mental Health in the Workplace*. WFMH writes: "Mental health issues have been shown to be the cause of employee absenteeism, lower rate of productivity and an increase in costs. This year's packet will contribute to taking mental health out of the shadows in the workplace so that people and companies have the tools to help employees and increase the overall mental health of all their employees." For more information and to download the free materials, [click here](#).

- **Free "Bird-Dogging Guide" Can Help Advocates Make Their Voices Heard**

The Friends Committee on National Legislation is offering a brief "bird-dogging guide" to help people ask questions at town halls and other events involving legislators and candidates. The tips include when to get there, how to raise the odds that you will be called on, how to take advantage of any one-on-one opportunities, why you should work with a partner or a team, and other useful information. The Friends Committee on National Legislation was founded in 1943 by members of the Religious Society of Friends (Quakers). For the brief guide, [click here](#).

- **Website Promotes Writers Who Have Lived Experience with Various Disabilities**

Disabled Writers is a resource to help editors connect journalists with writers who have disabilities, and to help journalists connect with sources who have lived experience of disabilities. "Our goal is specifically to promote paid opportunities for multiply marginalized members of the disability community, and to encourage editors and journalists to think of [people with disabilities] for stories that stretch beyond disability issues," according to the website. "Mental health conditions" is only one of the many topics covered in a list of "commonly cited identities amongst our members"—which include various ethnicities, races, gender identities, nationalities, and professions—including one listing under "Ironic"; many writers cite more than one identity. For more information and a link to the website, [click here](#).



ABLE National Resource Center Launches #ABLEtoSave Campaign

ABLE Friends,

We are excited to announce the launch of our **#ABLEtoSave** campaign!

August 2017 is #ABLEtoSave month, a nationwide awareness campaign led by the ABLE National Resource Center (ANRC) to provide information about ABLE accounts. During each of the five weeks in August, ANRC will provide resources, including:

- Informational videos
- Webinars on ABLE-related topics
- Personal testimonies from ABLE account owners
- And much more!

Each week will focus on a different theme:

- Week 1 (July 30 – August 5): Basic Overview of ABLE
- Week 2 (August 6-12): Eligibility
- Week 3 (August 13 – 19): Qualified Disability Expenses
- Week 4 (August 20 – 26): Financial Literacy
- Week 5 (August 27 – September 2): Enrollment

The primary goals of #ABLEtoSave are to increase awareness about ABLE accounts and the amount of ABLE accounts opened across the country. The #ABLEtoSave campaign is made possible through the generous support of Fidelity Investments, BNY Mellon and Fifth Third Bank.

[Learn more about #ABLEtoSave.](#)



[The Promise of Assistive Technology to Enhance Activity and Work Participation](#)

 [Health and Medicine](#)

 [Buy This Book](#)

 [Download Free PDF](#)

- [Free Resources For Consumers & Caregivers - Autism, Substance Use, Eating Disorders, & Children's Behavioral Health](#)

Cigna is making it easier for individuals to learn about and participate in its free monthly behavioral health awareness seminars. This free webinar series, taught by industry experts, focuses on providing useful information and tactical solutions for those impacted by behavioral disorders and substance use disorders.

As part of each series, Cigna hosts a monthly webinar for each of the following topic areas:

[All About Autism:](#)

- **Oral Medication** — July 13, 2017 - *Listen To Audio Replay*
- **How To Teach Communication Skills** — August 10, 2017
- **Important Skills For Sexual Education** — September 14, 2017
- **ABC Data Recording & Consequence-Based Strategies For Behavior Change** — October

12, 2017

Coping With Substance Use:

- **Introduction To Women For Sobriety** — July 19, 2017 - *Listen To Audio Replay*
- **Women & Alcohol: Guidelines For Healthy Choices** — August 16, 2017
- **Substance Use Disorder: Standing Up To Stigma** — September 20, 2017

The Truth About Eating Disorders:

- **Fun In The Sun: ED Summer Support Tips For Surviving Swimsuit Season** — July 25, 2017 - *Listen To Audio Replay*
- **Eating Disorders & Type 1 Diabetes (ED-DMT 1): Diagnosis, Prevention, & Treatment** — August 22, 2017
- **The Role Of Nutrition Therapy & Education In The Recovery Process** — September 26, 2017

Behavioral Health Awareness For Children & Families:

- **Brain Informed Behavioral Interventions** — July 20, 2017 - *Listen To Audio Replay*
- **The Adolescent World: Unlocking The Pieces** — August 17, 2017
- **Adolescent Suicide Prevention** — September 21, 2017

7. OPPORTUNITIES FOR INVOLVEMENT

• **Healthy People 2030 Framework Open for Comment**

The [US Department of Health and Human Services \(HHS\)](#) is seeking [comments on the proposed framework for Healthy People 2030](#). Healthy People is a national effort that sets goals and objectives to improve the health and well-being of people in the US, including people with disabilities. Among the goals and objectives are to promote healthy development, healthy behaviors, and well-being across all life stages, and to create social and physical environments that promote attaining full potential for health and well-being for all. Public comment will be open until September 29th at 5pm ET.

• **NCD Alliance Seeks Respondents for a Survey to Better Understand the Impact of NCDs**

The NCD Alliance is seeking respondents for its online survey “to better understand the daily impact of NCDs” — noncommunicable diseases, including mental health conditions and a range of physical disorders, including cancer, autoimmune disorders, diabetes, and others—“on people’s lives and their recommendations for decision makers. NCDs are the most common cause of death and disability worldwide, accounting for 70% of all deaths and more than three out of four years lived with a disability.” Both individuals living with NCDs and caregivers are encouraged to respond. The deadline is August 31, 2017. Questions? Contact ourviewsourvoices@ncdalliance.org. To respond to the survey, [click here](#).

• **SAMHSA Invites Comments on Draft Core Competencies for Peers Working in Criminal Justice Settings**

The Substance Abuse and Mental Health Services Administration (SAMHSA) through SAMHSA’s GAINS Center for Behavioral Health and Justice Transformation recently convened a group of peer leaders to develop a draft set of core competencies specifically for individuals providing peer support in criminal justice settings.

The draft set of core competencies builds upon SAMHSA’s previous work – via its Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) – to develop core competencies for peer workers in behavioral health services. The new draft set of core competencies is in addition to the existing core competencies and is specific to individuals providing peer support in criminal justice settings.

SAMHSA would like to give the public an opportunity to review and comment on each of the additional draft core competencies. We encourage you to print and review the Draft Core Competencies for Peers Working in Criminal Justice Settings and a hard copy of the Public Comment Form before you respond. These documents will provide you with additional details regarding this effort and will hopefully answer many of questions that you may have. The better you understand this effort, the more prepared you will be to provide meaningful feedback that will help guide the final set of core competencies for individuals providing peer support in criminal justice settings.

The public comment period will be open through August 25, 2017.

<https://t.e2ma.net/webview/cn71k/a16586256185c27aebd296339d44fb0d>



Go to: bit.ly/AdvancingLeadershipApp

Applications for the 2018 Leadership Institute are now open. We are seeking qualified emerging leaders with disabilities who are passionate about increasing their civic engagement, network of support, and leadership skills. Candidates applying by **September 19 will be guaranteed an interview.**

Please help spread the word among your networks to:

- [Apply for the Leadership Institute here](#)
- [Nominate qualified applicants here](#)
- Use our [toolkit](#) to post on social media or wherever else you share information
- Have your organization "Like" our revamped [Facebook page](#) and share any of our daily posts – we will return the favor! We are also on Twitter: [@ADA25AdvLeaders](#)
- Share our [video](#)!

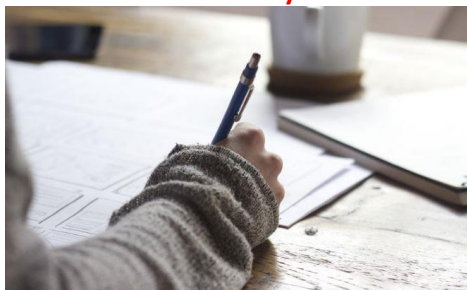
Criteria for 2018 applicants includes: identifying as a person with a disability, 5 to 10 years of leadership and/or management experience in any context, residence in the Chicago region (includes seven counties: Cook, DuPage, Kane, Kendall, Lake, Will, and McHenry), and a passion for civic engagement to make a difference. For additional criteria and information about the 2018 program, please visit: <http://www.ada25chicago.org/leadership-institute-application/>.

Thank you in advance for helping to increase the network of leaders with disabilities in the Chicago region. Applicants can apply directly through our website: www.ada25chicago.org.

HEARTLAND ALLIANCE

NATIONAL INITIATIVES

- **Take our Survey on CDBG-Funded Employment Services**



If you're an employment services provider funded through the Community Development Block Grant (CDBG), we'd like to **hear more** about your work. We want to learn how CDBG is being leveraged in your community to support employment services. Your **input** will influence our suggestions to CDBG employment services providers on implementation strategies and also to legislators on increasing CDBG funding and its capacity for employment services.

If you're not funded through CDBG to do this work but know of providers who are, we'd really appreciate if you'd forward along this survey.

[Take the survey \(or share it!\) >>](#)

8. RESEARCH IN FOCUS

- **A Comprehensive Job Development Program May Help Youth with ASD Make the Successful Transition from School to Work**

This week's [Research In Focus](#) looks at a program designed to help young people with autism spectrum disorders (ASD) build job skills and gain real-world work experience.

- **COMMUNITY INCLUSION**

[Community Inclusion: Lessons Learned In Tennessee](#)

<https://c-q-i.org/resource-library/resource-library/all-resources/our-evolution-toward-community-inclusion>

What initiatives can your agency implement to improve outcomes involving community inclusion? How do those efforts actually play out in the life of someone receiving supports? Why is data so important in

monitoring your progress? And lastly, how can the lessons learned in that journey help you become successful?

Read an example of how this relates to employment?

“New staff members really began to observe and take note of Billy’s preferences. He loved going to McDonald’s and flirting with the ladies in the drive-thru when he got his morning coffee. This led to going inside and developing relationships with the employees of McDonald’s. After 5-6 months of developing these relationships, the employees created a job for Billy that did not previously exist. Along with his new job, Billy now has a communication book with community activities he uses to express his choices, such as volunteering with Meals on Wheels, playing Bingo, and attending church.”

In **this edition** of Capstone, we're looking into the answers for all of these questions, by profiling the experiences of the Tennessee Department of Intellectual and Developmental Disabilities (DIDD).

Personal Outcome Measures® data shows that those receiving supports in Tennessee feel that outcomes involving community are much more present in their lives, in comparison to national averages. For example, 80.2% of people receiving supports in the state interact with other members of the community, whereas just 52.7% of people have this outcome present in other parts of the nation. So what is happening in Tennessee, that could be contributing to their success?

Lessons learned throughout the journey have impacted every aspect of how DIDD supports community inclusion, from its policies, to quality management systems, support plan development, and direct support training. While there are many lessons that can be learned from this journey, here is a Top 10 list that can help your agency improve outcomes involving community:

1. Clear and understandable expectations are essential
2. Training on rights, integration, and participation are needed to move to a person-centered system that supports community inclusion
3. Planning systems must support self-advocacy
4. Self-directed funding gives people control over what community means to them
5. Good person-centered plans reflect what is *important to* and *important for* the person
6. Facilitating creativity and autonomy of the person and supporters to direct community exploration yields higher results
7. The value of natural supports can't be underestimated
8. Financial resources don't have to be a barrier to community inclusion
9. There is immeasurable value in partnering with local non-disability specific organizations to expand community resources and discovery
10. Matching of people supported with staff that share interests and desires leads to more success

9. FOOD FOR THOUGHT, MENTAL HEALTH FOCUS

- **Confirming What We Know, Optum Report Says Peer Support Services Improve Clinical Outcomes**

A recent white paper published by Optum backs up what we already know: that *Peer Support Services Improve Clinical Outcomes by Fostering Recovery and Promoting Empowerment*. “Optum has recognized the role of peer support services as an integral part of state Medicaid plans and has promoted the development and deployment of this workforce,” the document begins. “As health care becomes better integrated serving the combined physical and behavioral health needs of individuals, there is a recognized and important role for peer support services.” To download the free eight-page document, [click here](#). (Note: To download the paper, you will have to provide your contact information.)

- **“England’s Mental Health Experiment: No-Cost Talk Therapy”**

“England is in the midst of a unique national experiment, the world’s most ambitious effort to treat depression, anxiety and other common mental illnesses,” begins an article in *The New York Times*, published on July 24, 2017. “The rapidly growing initiative, which has gotten little publicity outside the country, offers virtually open-ended talk therapy free of charge at clinics throughout the country: in remote farming villages, industrial suburbs, isolated immigrant communities and high-end enclaves. The goal is to eventually create a system of primary care for mental health not just for England but for all of Britain.” The program is not without its critics. For example, it delivers mostly Cognitive Behavior Therapy, and Peter Kinderman, president of the British Psychological Society, although cautiously optimistic, said, “If you think CBT is the end-all, then you don’t understand mental health.” It appears that the program focuses entirely on professional help and does not employ peer support. For more, [click here](#)

- **In General, Individuals with Mental Health Conditions in Federal Prison Receive Little to No Treatment**

On July 12, 2017, the U.S. Department of Justice Office of the Inspector General (DOJ OIG) released its report examining the Federal Bureau of Prisons’ (BOP) use of restrictive housing for people with mental health conditions who are incarcerated in federal prisons. “[T]he DOJ OIG concludes that while the BOP has taken a number of steps to address the mental health concerns for [individuals] in restrictive housing, significant issues remain regarding the adequacy of the BOP’s policies and its implementation efforts in this critical area.” For the press release, which includes a link to the free 103-page report and a video and podcast, [click here](#).