



B.R.I.D.G.E.S.

Building Relationships Intentionally to Develop
Growth and Exemplary Services

{October 2018}



FORECAST

WELCOME! Enjoy these fall days! Look around and enjoy the beauty of the trees. They will leave you breathless and the season goes by so quickly.

FYI: Please remember that when you receive the draft of the ISP from the Service and Support Administrator (SASS), you have 5 days to respond as to whether you accept the services as is or that you need changes made.

RULE UPDATE: The Ohio Department of Developmental Disabilities hereby gives notice of its intent to amend, rescind, and adopt the following rules of the Administrative Code on a permanent basis on or about November 19, 2018, and to conduct a public hearing thereon. The public hearing will be conducted on **October 9, 2018 at 10:00 a.m.** in the Lobby Hearing Room of the Rhodes State Office Tower, 30 East Broad Street, Columbus, Ohio 43215. **The Department is amending rule 5123-9-04** (Home and Community-Based Services Waivers - Waiting List **The Department is rescinding rule 5123:2-9-07** (Home and Community-Based Services Waivers - Request for Prior Authorization for individuals Enrolled in the Individual Options Waiver) and adopting new replacement rule 5123-9-07 of the same title. **The Department is rescinding rule 5123:2-9-27** (Home and Community-

Based Services Waivers - Emergency Assistance under the Level One Waiver) and adopting new replacement rule 5123-9-27 of the same title. **For more information please see the DODD web site under Rules and Laws.**

DID YOU KNOW: Sara Gardner is the contact person for registration for any free training that the Lucas County Provider Support Department offers. You can contact her at (419) 381-5164 or email her at sagardner@lucasdd.org.



GUIDES

Jenny Kinney started with the Board in 1991 and worked as a Habilitation Specialist for a total of 12 years. In 2007 she worked as a Service and Support Administrator for 11 more years until she transitioned into the Provider Support department. Her focus during her career has been challenging issues that seniors, children, and teenagers face when navigating their life course. She is also a Certified Therapeutic Recreations Specialist.

Outside work, Jenny's main focus is on her family, dogs, planning new and exciting travelling adventures, and her faith.



LAMPPOST

Medication Administration & Health Related Activities Quality Assessment Review

Theresa Taylor is the RN contracted through LCBDD to conduct RN Quality Assessment Reviews of medication administration and health related activities. Quality Assessment reviews are conducted to provide consultation and oversight for the administration of medications and performance of Health Related Activities in individual's homes and/or daily places of work and recreation. The reviews are done by site, rather than by individual.

What sites qualify for a review?

Residential homes with 5 beds or less, Adult Day Habilitation sites with the capacity of 16 or less, and Respite Care.

What can agencies and independent providers expect?

Theresa will contact providers to schedule a date and time to review their medication administration policies and procedures, and to observe any medications being passed from certified staff to individuals. Theresa will complete the medication administration

tool and Plan of Improvement (if needed). Plans of Improvement will identify areas of concern that need improvement to ensure safety in the setting. Providers will receive an email with further instruction on how to complete the Plan of Improvement and timeline requirements, after review is completed.

Reference: Ohio Administrative Code 5123:2-6

<http://dodd.ohio.gov>



KUDOS

Many thanks to Kelly Schuck for her continuing training on Community Integration. Kelly is our Community Life Engagement Project Manager. You can see how each individual is working to be more community integrated in the ISP sections: Path to Employment and Desired Outcomes. Kelly presented how to link the desired outcomes to services. She provided information on outcome development and gave us examples. Kelly then discussed how to implement individualized services to assist people to reach their desired outcomes. She provided resources that can help both DSPs and agencies shift towards individualized services that support community connections for people with disabilities. Finally Kelly discussed how to report progress to the team, what needs to be reported and how this assists in the person-centered planning process.

Kelly will be back to train on the Employment First Outcome Tracking System on October 18, 10:00 am – 12:00 pm. You can register for this training at the following link:

<http://reg.planetReg.com/E9121458976880>

On November 6 from 1:00-3:00, Kelly will train on Career Planning Services and the Employment First Partnership. To register for this training, follow this link:

<http://reg.planetReg.com/E91215261176440>



TRAINING

PATHS is an approved curriculum through DODD which allows Direct Support Professionals to qualify for an increase in pay after accumulating 2 years of experience and 60 hours of approved training. The PATHS trainings do not have to be

taken in order.

The registration for any PATHS course is through the OADSP website. Each session has its own link to register below:

PATHS #207 “Crisis Intervention” - Monday October 8 (4:00 pm – 7:00 pm)

– held at Friendship Baptist Church (5301 Nebraska Ave.)

<http://events.constantcontact.com/register/event?llr=m5azxoeab&oeidk=a07efghro8wf97b450d>

PATHS #209 “Organization Participation” – Tuesday October 9 (9:30 am - 12:30 pm)

– held at Lucas County Board of DD Training Center

<http://events.constantcontact.com/register/event?llr=m5azxoeab&oeidk=a07efghml2u78e1baa6>

PATHS #205 “Education, Training, & Self Development” – Tuesday October 9 (1:30 pm – 4:30 pm)

– held at Lucas County Board of DD Training Center

<http://events.constantcontact.com/register/event?llr=m5azxoeab&oeidk=a07efghml2u78e1baa6>

PATHS # 209 “Organization Participation” – Monday October 15 (4:00 pm – 7:00 pm)

– held at Friendship Baptist Church (5301 Nebraska Ave.)

<http://events.constantcontact.com/register/event?llr=m5azxoeab&oeidk=a07efghyjri1bdcec45>

Most of the October trainings can be registered for as usual by contacting Sara Gardner at (419) 381-5164 or emailing sagardner@lucasdd.org .

Special Topic Trainings:

Wednesday October 3 (10:00-12:00 pm) “**Understanding the ISP**” by Dan Barda and George Woodget. Attendees will learn to document as providers by learning the ins and outs of the ISP including all portions of the Person Centered Plan.

Wednesday October 10 (8:30 – 10:30 am) “**Becoming Trauma Informed**” by Sarra Burnham and Renea Quire. This presentation will introduce those in attendance to the prevalence of trauma across all populations. The ACE study will be shared as well as the physical, emotional, mental, and spiritual effects of trauma. Attendees will learn tools and techniques for working with those who have survived trauma.

Thursday October 18 (10:00am – 12:00pm) “**Employment First Outcome Tracking System**” is a presentation by Kelly Schuck.

Please register at this link: <http://reg.planetReg.com/E9121458976880>

This training will review and demonstrate the web-based data collection system: The Employment First Outcome Tracking System (EF OTS). The training will focus on what data needs to be reported, how to submit the employment data, and how often it needs to be reported.

This training is designed for DODD certified providers of employment services, including Vocational Habilitation, Individual Employment Supports, Group Employment Supports, and/or Career Planning. It is recommended that you bring your tablet, laptop, etc. to refer to the Employment First Outcome Tracking System during the presentation.

Wednesday October 24 (10:00 am - 12:00 pm) "The Problem of Organ Harvesting" by Pat Stephens. This training discusses the crime of organ harvesting. Attendees will learn how criminals might try to take advantage of individuals with disabilities. Statistics will be shared to show the size of this problem both nationally and internationally. Information will be shared about the demand for organs on the black market.

The October training calendar can be access at this link: https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/65c9f3ec-a397-43af-a8ab-07f949561ab6/October_2018_Training_Calendar.pdf



FIRST AID STATION

October is National Cholesterol Month. Cholesterol comes from two sources: your own body and food.

75% of blood cholesterol is created in your liver and other cells, and 25% comes from the foods you eat.

There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. High LDL cholesterol levels can lead to plaque buildup in your arteries. HDL cholesterol absorbs the bad cholesterol and carries it back to the liver, where it is flushed out of the body.

Too much LDL, or not enough HDL, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain. This can result in heart disease and stroke.



PATH TO SUCCESS

Anne Frank said, "How wonderful it is that nobody need wait a single moment before starting to improve the world."

So how can we help to improve the world for others as we simultaneously pave a path to our own success? While working in a field where we provide support to others, we can't truly help anyone make progress in their lives unless and until we personally learn how to thrive vs. simply survive. To thrive one must live with intention, not on

auto pilot. As any airplane pilot will tell you, there's a time for the plane to be flown by auto pilot and there's a time for the pilot to intentionally fly the plane him or herself

Let's look at one of the biggest differences between surviving and thriving:

- Webster defines *surviving* as "to remain alive"
- Webster defines *thriving* as "to grow vigorously"

If you decide to thrive vs. just survive, you need to look for those things that set you on fire with energy and enthusiasm, the things that light up your eyes and your spirit. Once you determine those things that light a fire within you, it can help to keep them in mind as you set large, long-term goals. While setting large long-term goals, setting smaller more manageable goals to help you achieve the larger ones will help you remember to celebrate the small victories along the way. Otherwise, if you don't set smaller more manageable goals to reach your larger ones, you will find yourself always "striving and never arriving".

How can we help each other thrive? By thriving ourselves. Once *you* begin thriving, those around you will wonder what you're doing that causes you to live with so much joy so much of the time. When asked about your joy, sharing what you've learned about thriving is another way to help others do the same. But we must remember that, in the end, it's up to each individual to *choose* whether to live a thriving life or a life that's caught up in constant survival mode. While *thriving* teaches us to live more in the moment as we experience the joy of doing so, living to just survive causes untold mental, spiritual, and physical stress, which causes a road block on our paths to living successful lives. In the end, the choice of whether to just "remain alive" or to "grow vigorously" is a personal one. I've heard it said, "If you don't know where you're going, any path will get you there." May you choose your path to success by living with intention.



SHOOTING STAR

The old saying is true; *one must take care of one-self, if one is going to help take care of someone else.* As the Direct Support Professional is helping and assisting individuals with different aspects of their life; it is just as important to take care of one-self. Eating a balanced diet, exercise and getting enough rest to function properly is the key. The DSP should do something that is enjoyable to them; something to look forward to, for example exercising, watching a movie or taking a class of interest. Remember to de-stress and participate in relaxation activities. Focus on

physical, emotional, creative, mental and spiritual needs. By taking care of yourself, you will have the energy physically and emotionally to help others. *Your work has value; you are helping the individual to create his or her life story.*

“Every person is a different kind of flower.
All together they make this world a Beautiful Garden”.



RESOURCES

Helpful provider information is always available at the following websites:

DODD: <http://www.dodd.ohio.gov/Pages/default.aspx#>

Lucas CBDD: <http://www.lucas.info/provider-support-2/provider-support/>
