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

**Building Relationships Intentionally to Develop  
Growth and Exemplary Services**

{January 2019}

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## FORECAST

**WELCOME!** As we enter a new year, with new goals in mind, we should feel optimistic. Whether or not we keep all our resolutions shouldn't affect our self-esteem. So, if you're feeling down about slipping up or thinking about just foregoing resolutions all together, the following quotes will help keep you going.

- Let go of the past.
- It's never too late to try something different.
- Embrace change and try new things.
- Don't miss the moment.

**FYI:** All providers who are contracted, certified or licensed to serve persons with developmental disabilities are required to report MUIs to the county board. All county board staff and department staff are also required to report MUIs. Anyone paid to provide Medicaid waiver services must report MUIs

**RULE UPDATE:** Required Reading - In addition to required annual training to identify and report Major Unusual Incidents (MUIs) and Unusual Incidents (UIs), all developmental disabilities employees are required by Ohio Administrative Code 5123:2-17-02 to review Health and Welfare Alerts released by the department. This training includes the review of any Health and Welfare Alerts released since the previous calendar year's training. Please contact the MUI Registry Unit at 614-995-3810 with any questions.

### **DID YOU KNOW?**

Things to Remember: If the choking person can cough, let them do so. Stay with the person to encourage them to cough. If the object is visible in the mouth, attempt a finger sweep. If an adult has a completely blocked airway, give up to 5 blows between the shoulder blades with the heel of your hand. If blockage is not relieved, employ abdominal thrusts. Continue cycles of 5 back blows and 5 abdominal thrusts until object is coughed up or the person starts to breathe or cough. The American Red Cross includes back blows as an intervention and the American Heart

Association does not. Use intervention methods required by your training.



## GUIDES



Pat Stephens is the Director of our Provider Support Department. Pat is a tireless leader who works hard to support individuals with developmental disabilities. Pat started out her career in the business sector and then worked in the mental health field for 8 years before coming to work at the Lucas County Board of DD over 20 years ago. Pat worked in Vocational Services and Adult Options and was the Hill facility manager before taking the helm as Director of our Department. Pat has a special passion for educating people about the problem of human trafficking, particularly in the DD population. Pat serves on the Lucas County Human Trafficking Coalition and is Chair of the Development Committee. In September, Pat was honored at the University of Toledo's Human Trafficking Conference for her work to educate the community about human trafficking. She also travels around Ohio training about the problem of human trafficking and helping other county boards of developmental disabilities to organize themselves to be able to effectively serve human trafficking survivors. When Pat isn't at work, she enjoys spending time with her husband, her 2 adult sons, and her grandson Isaiah. She also likes to cook, sing, and decorate.



## LAMPPOST

The DODD Information Technology Services moved many of the applications within the DODD Statewide Integrated System to Microsoft Dynamics 365 Cloud beginning the afternoon of November 16<sup>th</sup> through Sunday November 18<sup>th</sup>. One example is an improved, more organized drop down menu, which is intended to improve the overall user experience. If you are experiencing DODD systems issues or have suggested improvements, please contact the [ITSCallCenter@dodd.ohio.gov](mailto:ITSCallCenter@dodd.ohio.gov) or 1-800-617-6733 option 4.



## TRAINING

We are continuing to host the DSPATHS Curriculum sessions for the next couple of months. 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 #213 "Trauma Response" - Monday January 7 (4:00 pm – 7:00 pm)** – held at Friendship Baptist Church (5301 Nebraska Ave.)

<http://events.constantcontact.com/register/event?llr=m5azxaeab&oeidk=a07efwsjx594ee79d63>

**PATHS #215 "Supporting Successful Community Living" – Tuesday January 8 (9:30 am - 12:30 pm)** – held at Lucas County Board of DD Training Center

<http://events.constantcontact.com/register/event?llr=m5azxaeab&oeidk=a07efwsqrwk5b3114d9>

**PATHS #208 "Facilitation of Services" – Tuesday January 8 (1:30 pm – 4:30 pm)** – held at Lucas County Board of DD Training Center

<http://events.constantcontact.com/register/event?llr=m5azxaeab&oeidk=a07efwsqrwk5b3114d9>

**PATHS # 212 "A Closer Look at Autism" – Monday January 14 (4:00 pm – 7:00 pm)** – held at Friendship Baptist Church (5301 Nebraska Ave.)

<http://events.constantcontact.com/register/event?llr=m5azxaeab&oeidk=a07efghzjlza455b8f7>

### **SPECIAL TOPICS:**

**MUI New Rule Training:** DoDD has been working on making a revision to the current MUI rule. While an exact date for implementation has not been decided yet (they are hoping for early 2019), training is underway on the new rule. As such, the MUI unit will offer training to providers on the new rule. This training will be 2 hours in length and will cover the changes, along with all categories; thus giving you credit for your annual MUI rule training. The new training is offered on the following dates/times:

January 15th – 10am-12pm; sign in begins at 9:40am

January 17th: 1pm-3pm; sign in begins at 12:40pm

January 24th: 10am-12pm; sign in begins at 9:40am

**"Creating a Stigma-Free Culture" by Olivia Barhost from NAMI (National Alliance on Mental Illness) - Tuesday January 29 from 1:00-3:00.** This presentation will raise awareness that mental health conditions are not the result of personal weakness, lack of character, or poor upbringing. Knowing the facts about mental illness can help stop stigmatizing stereotypes. NAMI can help you create a culture that values a person's overall health, including emotional well-being and mental health. Being StigmaFree creates the foundation for a culture of openness, acceptance, understanding, and compassion. [LSW/LPC CEUs available]

**"Connecting Individuals with Disabilities to the Community" by Dan Barda and George Woodget - Thursday January 31 from 1:30-3:00.** This interactive presentation will assist

providers in improving community inclusion desired outcomes for the individuals they serve. Attendees will learn how to help individuals overcome barriers, build relationships, explore their interests and talents, and achieve true connection! [LSW/LPC CEUs available]

January's Training Calendar can be accessed at this

link: [https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/5f0a571a-e939-4ba3-8a0d-01bd14eb11ef/JAN\\_2019\\_Training\\_Calendar.pdf](https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/5f0a571a-e939-4ba3-8a0d-01bd14eb11ef/JAN_2019_Training_Calendar.pdf)



## FIRST AID STATION

### **COLD WEATHER SAFETY:**

The most common cold related health problems caused by exposure to cold temperatures are hypothermia and frostbite. Hypothermia is abnormally low body temperature, and can affect the brain, making the victim unable to think clearly or move well. Frostbite is freezing of an affected area that causes loss of feeling and color to that area. This freezing can permanently damage the body, and severe cases can lead to amputation. Dress warmly in layers, and cover exposed skin using hats, gloves, and scarves.

Never use generators, grills, camp stoves, or ovens to heat your home, basement, or garage, as these items increase the risk of carbon monoxide poisoning.



## PATH TO SUCCESS

One Good Life principle that works in assisting us with moving forward on our paths to success is called the "Must Haves". The main idea of the "Must Haves" states that, in most situations, one or more of the following must be available to assist in moving forward when we face a challenge: Time, Space, Positive Words and Tones, Living in their Shoes, and Being Connected and Committed.

When facing certain challenges, many of us simply need time and space to get through them. At other times, for a variety of reasons, we may need to hear some positive feedback from a friend or family member as we go through a particular challenge.

Putting ourselves in someone's shoes, as well as keeping ourselves available as needed for them, helps them to feel connected and lets them know that you are committed to the relationship.

Our challenging times can work for our good when we use what we learn to help ourselves and others through future challenges. When practiced, these principals of the "Must Haves" can serve to move us forward on our paths to living successful lives.





# SHOOTING STAR

***"Choose well your words.  
They will go marching down the years in the lives you touch."***

Wilfred Peterson



## RESOURCES

Across the world people are living longer than they ever have before, and this includes individuals with disabilities. The life expectancy for people with intellectual & developmental disabilities is similar to that of the general population. The number of adults with intellectual & developmental disabilities age 60 years and older is projected to nearly double from 641,860 in 2000 to 1.2 million by 2030. The reasons for the increase in life expectancy can be traced back to better health care, improved medical technology, more pharmaceutical interventions, better sanitation, and better diet and exercise.

**"Aging Gracefully"** is a monthly newsletter providing information regarding the special needs of the elderly with intellectual disabilities. The newsletter is dedicated on supporting people with intellectual & developmental disabilities as they grow older. The goal is to offer support and provide tips for service providers & family caregivers.

If you are interested in receiving "Aging Gracefully," please contact the Senior Committee and request to be added to the distribution list by email: [seniorcommittee@lucasdd.org](mailto:seniorcommittee@lucasdd.org)

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/>

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