



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

Building Relationships Intentionally to **D**evelop
Growth and **E**xemplary **S**ervices

{June 2019}



FORECAST

Happy Summer! Some June observances include:

- [African-American Music Appreciation Month](#) (officially recognized by the United States)
- [Great Outdoors Month](#) (United States)
- [National Smile Month](#) (United Kingdom)
- [National Oceans Month](#) (United States)
- [PTSD Awareness Month](#) (United States)

FYI:

The Ohio DD Council

The Ohio Developmental Disabilities Council (ODDC) is a planning and advocacy group of over 30 members appointed by the Governor. The ODDC receives and disseminates federal funds in the form of grant projects in order to create new ideas, pilot new approaches, empower individuals and families, and advocate for systems change to more fully include people with disabilities in their communities

RULE UPDATE: Required Reading

[Ohio Administrative Code 5123:17-02](#) requires all developmental disabilities employees to review Health and Welfare Alerts as part of annual training

DID YOU KNOW?

DODD Hosts Ohio ISP Workgroup Forums

The Ohio Department of Developmental Disabilities is preparing to develop and implement a single template for individual service plans (ISP) for all people who receive services in the Ohio developmental disabilities system. The state will convene an Ohio ISP Workgroup in July.

In order to begin a single service plan template, the department must first collect feedback from people around Ohio who develop and use individual service plans. DODD's Office of System Support and Standards will host a series of feedback forums around the state, which will be a space for people who receive services, their family members, service providers, and plan authors to discuss the pros and cons of current service plans and share their experience and knowledge.



GUIDES

Mellisa Merritt has been with the board for 11 years. She started in 2008 as a Routing Technician in the transportation department. She then accepted her current position of a QA Technician in the Provider Supports Department in May of 2015. In our department, Mellisa does many tasks to support providers, including helping newly certified providers get connected with a liaison and adding them to the Free Choice of Provider website.

A proud moment for her was when she received the Josina Lott award in 2016. She was honored to accept that award; for her, it was rewarding to know that she was recognized for the dedication, time and quality of all the hard work that she does.

Her greatest accomplishments are her 2 beautiful boys: Keegan age 10 and Jake age 17. She is very proud of Keegan, her artist, who attends Holland Elementary and Jake, her football player, who attends Sylvania Northview. Of course, she can't leave out her two pugs Braxton and Otis. She is not sure who wears her out more, the dogs or the children.



LAMPPOST

Angel Morgan from the Office of System Support and Standards (OSSAS) will be facilitating a DODD Live Chat on Wednesday, June 26th at 10:00am – 10:30am, specifically for Independent Providers. DODD Live Chats are a chance for you to get answers directly from DODD staff. There is no prepared presentation, it is a place to ask questions and get answers. If interested, please register at <https://register.gotowebinar.com/register/8033130206529378828>



KUDOS

To all providers who have opened new locations this year. We would like to congratulate you on a job well done and we wish you the best in launching your new ADS sites.



TRAINING

Attached is the June training calendar. We hope to see you at some of our presentations this month!

Wednesday June 5 “**Opiate Overdose Prevention & Education**” from 11:00-12:00. Kimberly Toles, Coordinator for the Toledo-Lucas County Opiate Program, will train on this important topic. Participants will learn statistics and demographics of opiate addiction and overdose in Ohio and Lucas County. Signs and symptoms of opioid overdose will be shared, and participants will learn what Narcan is and how to appropriately use it.

Thursday June 6 “**Grief and Loss for DSPs**” from 2:00-3:30. A webinar will be presented by the NADSP (National Association of Direct Support Professionals) and then we will have a discussion and application of information to support those in the field who experience loss in their work. Attendees will learn what is “normal” grieving, disenfranchised grief, atypical grieving; the pros and cons of “professional distance;” the need for the DSP to be both a grief counselor and a griever – and to know when to wear each hat; and models for remembrance; how grieving provides signals and messages to the survivors.

Thursday June 13 “**Service Documentation**” from 1:30-3:00. This required training is being offered “live” again. Service Documentation is a requirement within 60 days of first providing services; a provider must be trained in service documentation and billing for services in this

timeframe. This training will meet the requirement for Service Documentation. The training will look at the rule for service documentation (5123:2-9-06) and the rule for Unusual Incident Reporting (5123:2-17-02). Participants will gain an understanding of the required elements for documentation and sample forms. This training will also include the elements of an Unusual Incident Report writing.

Wednesday June 26 “**Trauma Informed Care 101**” from 10:00-12:00. Have you heard the term “Trauma-Informed Care” but don’t know what it’s all about? Do you want to learn more about how to support individuals who have had a difficult past? Come and learn about how trauma affects people’s behavior. At the end of the training you will understand the importance of changing your thinking from “What’s wrong with this person?” to “What happened to this person?”

Thursday June 27 “**Unusual Incident Investigation Training**” from 10:00-12:00 The MUI unit has developed a UI Investigation training to assist **provider managerial staff** with understanding the process involved with conducting an investigation. The objective is to present a step by step training that will assist providers in developing their own written policy and procedure for conducting unusual incident investigation.

Friday June 28 “**Human Trafficking: The Problems of Sex and Labor Trafficking**” from 9:00-12:00. This combination training will cover both the issues of sex trafficking and labor trafficking. An overview of both of these forms of Human Trafficking will be presented. The data and demographics will be shared to show the size of these problems both nationally and internationally. This training will share the top circumstances which make a person vulnerable to becoming a trafficking victim. Attendees will learn signs and red flags to watch for, and instruction will be given on what to do if one suspects an individual is being trafficked.

The June calendar can be accessed at the following link:https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/1d54a2d0-9480-4f59-a044-ac4257190201/JUN_2019_Training_Calendar.pdf



FIRST AID STATION

The Importance of Good Foot Care

Foot

Facts:

- Each foot contains 26 bones and more than 100 ligaments
- Feet contain more than a quarter of all the bones in the body
- The skin on the feet has more than 7,000 nerve endings
- There are more than 125,000 sweat glands on each foot – more than there are anywhere else in the body. Feet produce about 250 ml of sweat each day.

Foot Care and Hygiene:

- Inspect feet daily. Look for cuts, bruises, blisters, or red spots. Feel for lumps or bumps.
- Wash feet daily. Rinse off soap completely and dry your feet thoroughly, especially between the toes.
- Wear clean socks, and change them every day.

The Benefits of Good Foot Care:

- Reducing pain - painful feet can impair balance and functional ability
- Increasing mobility and physical activity - foot problems are a major cause of walking difficulties
- Increasing self-esteem
- Increasing social contact and participation in leisure and cultural activities
- Reducing risk of trips and falls - foot pain can cause people to wear loose footwear, which can contribute to falls.



PATH TO SUCCESS

Putting Out Fires Along the Path to Success:

There will always be fires to put out on our daily journeys. How we chose to put them out is what counts most towards the ultimate success we strive to achieve. I've heard it advised, "When tempted to fight fire with fire...remember that the fire department usually uses water."

When it comes to situations that have spun out of control, while in the midst of adversity, instead of *reacting* as the mirror image of the anger that someone else is exhibiting, it helps to stop and think before being responding so that we can respond in a compassionate way (i.e. in Good Life professional and personal development terms a compassionate response would be comparable to a gentle wind, green hat, eat the frog,

be a duck, 100/0 kind of way). With time and intentional living practices, these types of responses will come easier. As you work towards responding this way with increased frequency, perhaps you'll find this acronym helpful:

Listen before you think and then...

T H I N K
before you speak.

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?



SHOOTING STAR



***“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.”
—Langston Hughes***



RESOURCES

Helpful provider information is always available at the following websites:

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

Lucas CBDD: <https://lucasdd.info/> (Click on "Provider Supports")
